EXPERIENCE JAPAN IN NEW YORK CITY — WHAT'S NEW?

CHOPSTICKS NEW YORK

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FREE

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INDEX

Cover Feature **People**
Louis Licari

"King of Color" — celebrity hair stylist Louis Licari reveals his bold, edgy color inspirations

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Louis Licari – From Black & White to Color!

His experiences within the Japanese culture made him aware of bolder and edgier colors

For 25 years, Louis Licari has been perfecting the art of coloring hair, and today, he is one of the world's foremost experts. At his salons at Takashimaya New York on 5th Avenue, and in Beverly Hills, California, he has worked with hair of virtually every color and texture, while building a loyal clientele including many Hollywood celebrities, who rely on him to provide the finest in hair color and hair care.

Have you ever been to Japan? If so, what did you think about it?

Yes, I've been to Japan many times. I am fascinated that so many people wear the most current trends in hair coloring and styling.

Have you ever worked with any Japanese people?

Yes, I have given many color seminars for Takara Belmont Co* in Tokyo. I have also prepared many people for television commercials that aired exclusively in Japan.

What do you think of Japan or Japanese hair stylists in terms of the beauty industry?

I appreciate the respect given to a Japanese hairdresser. The Japanese have achieved a level of professionalism that I greatly admire.

What are your most luxurious treatment at your salon, "Japanese Relaxer"?

Japanese Relaxer is an ideal relaxer for hair that is extremely curly. Make hair completely straight. Takes out all curl and maintenance is about twice a year. It is a gentle relaxer with the least amount of change to natural texture of hair. $700 and up.

What are your tips for hair coloring?

On his blog called "Hair and There" http://louislicari.village.com/beauty/ he reveals the following tips – Tricks of the trade - for hair coloring.

"I am a triathlete and spend many hours training for the three disciplines: swimming, biking and running."

The biggest advantage of a salon visit is the colonst, the colonst eye and expertise, and the tricks of the trade. Since they still haven't figured out how to fit a colonst in an "at home" coloring box, I can't give you the color eye or expertise, but I can tell you the tricks of the trade. The tricks of the trade (TOT) make the difference between looking like a "home job" and "wow, you look great!"

1. Highlight your hair twice with each touch up. This is what we do at the salon. The first round of highlights is for general placement. The second round of highlights customizes the color to you. Place the highlights only where you need them on the second go around. This is usually when you add a few extra strands around your face. You don't need to buy two highlighting kits. Mix three quarters of the formula for the first round and the first quarter for the second round.

2. Buy two different hair colors. They should be similar in shade with one color a bit lighter. Use the lighter color on the first quarter inch around your hairline and the darker color on the rest of your hair. This will mimic natural-looking hair color and give extra brightness around your face. People with a grey hairline do not have to use two different colors. The color will automatically take lighter on the grey hair.

3. Always pick a shade lighter than your natural hair color. This will not lighten your hair. Semi permanent colors have no lighting power. The lighter shade will keep your hair color bright, enhance your natural nuances of color, and turn your first grey hairs into highlights.

Do you use any technique or style that is inspired by Japanese culture?

My frequent trips to Japan have made me aware of the many color options available for people with dark hair. I have become a bolder hair colorist because of this. I think my work is now a bit edgier.

When is the best time to start coloring your hair?

He also says in his blog, "I am always talking about how hair color can make you look prettier, brighter, and younger. I have called hair color the makeup that doesn't wash off and the quick fix that works. I absolutely believe in hair color from the bottom of my heart. Today, however, I want to talk about that moment when hair color changes from an option to an absolute essential. That defining moment usually happens when looking in a mirror and combing your hair or putting on lipstick. You might be thinking how lucky you are to have such great hair or how much you like your new haircut. Then in a certain shimmer of light you see it -- a strand of grey hair. At first you think it must be the way the light is reflecting on your hair, but on closer inspection you realize the horrible truth. You have your first grey hair. This is usually followed by an obscenity and then a quick grab for the tweezers. I think the rationale is "if I pull it out it never existed." On closer inspection there are usually a few more strands of grey than you first noticed. This is the unforgettable moment when your lifetime battle against grey hair begins. This is the time to surrender to the world of hair color -- May 1, 2007"

*Takara Belmont – http://www.takara-net.com/english/index.html

Louis Licari's Choice

Favorite Japanese Restaurant: **Nobu**

Where he feels "Japan" **Takashimaya New York** -- where he also has his salon

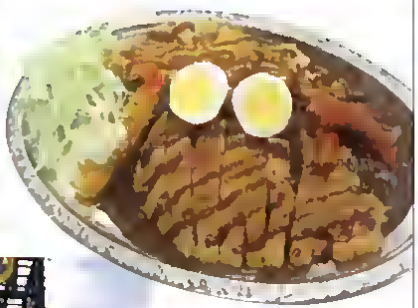
Licari's Ionic Color Preservation System™ was developed specifically for his clients, to help prevent color from fading and to maintain lustrous, healthy hair. This is the FIRST and ONLY hair product line specifically formulated with Ionic Color Sealant™, a unique blend of minerals, vitamins, and antioxidants.

Louis Licari Salon

693 Fifth Ave., NYC at Takashimaya New York
http://www.louislicari.com/

Restaurant

55–The New Lucky number in Manhattan brings hearty, tasty Japanese favorite meals



When you think of curry, do you associate it with being traditional Japanese? You may not believe it, but yes, it is. That mix of sweetness and spiciness is really addictive. For Japanese people, curry is reminiscent of their childhood and it is somewhat hard to find any Japanese who don't like it. There are many curry specialty restaurants in Japan to support this. Now finally, one of them has landed in New York, named "Go Go Curry." The owner, Mr. Miyamon achieved a great deal of success by running franchised curry restaurants in Japan, and now has brought his delicious dishes to the U.S.A. In his first step towards making his dream come true – to open his curry restaurants in 55 countries. The number 55 comes from the baseball player Hideki Matsui's number. Miyamon is a huge fan of Matsui. He has arranged everything thoroughly. The restaurant's name, Go Go Curry also means 55 since "Go" means 5 in Japanese. He prepares his special curry with 55 processes in 5 hours, and then rests it for 55 hours! His commitment gives a magical power to the curry, which is almost contagiously addictive to everyone in Japan. Mr. Miyamon's aim is to make this restaurant such a sensation that his curry will be worth the wait.

GO GO CURRY
273 W. 38th St. (bet. 7th & 8th Ave)
Tel. 212-730-5555
10:55am-9:55pm

MENU

Go Go Curry
(Walk. $5, Single $5.55, Double $6.50, Triple $7.50. A standard curry without any toppings. Sizes are named based on baseball)
Grand Slam Curry
($12.50. Comes with all toppings, deep fried chicken, shrimp and pork)
All menu items are $5 during May

Health

How to live a better life – Sushi? Sake? Green tea? Nope! There's Another New Japanese Secret

In the past five years, New Yorkers have gotten keen on Japanese things and have started to incorporate something Japanese into their lifestyles. Why? Because it is tasty, healthy and quite refined. While Japanese foods may come to mind, it is the use of dietary supplements for every day life, which is gaining popularity. To select the best ones for the body, you might consider looking at cultures whose populations live the longest. Yes, in Japan, a country known for having the longest life expectancy in the wodd, it is likely that diet may play a large role in this statistic. The Japanese diet dictates eating foods that are lower in and void of unhealthy fats. Many people in Japan, however, also rely on supplements as well as healthy food. The most popular one is Sun Chlorella, a single-cell, fresh water, and green alga with over 20 different vitamins and minerals, including chlorophyll, fiber, lutein and essential fatty, amino and nucleic acids. The chlorophyll contained in Sun Chlorella is designed to bind itself to the harmful elements in the body and with the help of fiber, escorts these elements out of the system. Much research has been done on chlorella pyrenoidosa that suggests chlorella may indeed be what people really need to strengthen the body's natural defense system and enhance overall well being. Now we know the secret of Japanese longevity and it is available in the U.S.!

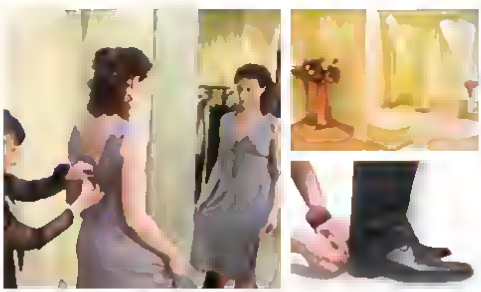
For more information, access Sun Chlorella USA (www.sunchlorellausa.com)

Shop

Meticulous, Reliable, Tailored – A Perfect Place to Rebuild Your Wardrobe – Artfit is a far better answer than buying new Attire

Japan provides yet another great skill for the New Yorker! A shop called Artfit will solve your clothing problems. Specializing in hand-tailored custom-fit pants, jackets, and other formal clothing for men and women, from minor mending to major restyling, they check the way your clothes fit in front of the mirror at the spacious fitting room until you are satisfied with the way you look. Artfit's excellent fitters are an experienced Japanese staff made up from a company formerly known as "Alter Inn" and now have a children's clothes boutique. It is one of the most well-known high-end alteration places in New York. Their great skills attract customers from Florida, the West Coast, even London. Some of the customers stop by on every business trip to NYC. Artfit is trusted by many people in the US and receives high praises from celebrities. You might bump into one of them at the store. Services include, changing padding, taking in shoulders, shortening or lengthening sleeves, changing the zipper, changing the hem on a pair of premium jeans, and making bridal alterations including wedding and bridesmaid gowns. Artfit supports customer's lifestyle, through pursuing "Comfortable Fit". For fitting, reservation is recommended, but walk-in customers are always welcome. Pull out your out-of-date outfits from your closet, and rebuild them into trendy styles!

Artfit
21 W. 58th St. Suite 1-E (bet 5th & 6th Ave)
Tel. 212 207 9095
www.artfitny.com
Tue-Fri 10am-7pm
Sat 10am-5pm



From JAPAN

A New Bar Appeared in Tokyo One That New Yorkers Could Never Imagine

You use vinegar as one of many ingredients, but have you ever drunk it as a beverage? As more and more consumers recognize the health benefits of su (rice vinegar), the Kurozu (black vinegar) Bar is now getting popular in Tokyo, attracting an increasing number of working men and women looking for new ways to beat the summer heat and stay healthy. This shop is competing for customers by developing original concoctions like desserts featuring rice vinegar and vinegar drinks made using oranges and grapefruits. In Japan, it is a well-known fact that black vinegar contains more natural amino acids than regular vinegar and acetic acid, the primary constituent of vinegar, has been scientifically proven to aid in the prevention of diseases. The Kurozu Bar features a selection of nine vinegar beverages, including black vinegar with soymilk and a blueberry vinegar shake. The bar which now has seven locations in Tokyo, is of the tachinomi (stand-and-drink) type that caters to workers on the move. Interestingly, all of them exist inside of subway stations. Public transportation is advanced and clean in Japan and busy Japanese business people take subways often, so having Kurozu Bars there allows people to drink and get that quick energy boost on the go, making Kurozu very popular in Japan. That's why Kurozu is very popular for busy Japanese people. This unique location, which is normal for Japanese, is a concept very strange to New Yorker's!

http://www.nre.co.jp/nre/tenpo/kurozu.html

Yakitori Torys

249 E 52nd St (bet. 2nd & 3rd Ave) Tel: 212-813-1800

Lunch Mon-Fri 12pm-2.30pm
Dinner, Mon-Sun. 6pm-11.30pm

In New York, where all the flavors of the world meet, the "Japanese food equals sushi" stereotype is becoming outdated. Yakitori Torys (the second outlet of popular Yakitori Totto) in midtown east, is a new-style Japanese restaurant serving yakitori that is sure to do away with the sushi stereotype once and for all. A key selling point is the fact that the restaurant orders in and serves fresh organic chicken meat, and never serves stored, frozen chicken.

Tori-zosui ($10)

The gently simmered soup with organic chicken is mild on the tongue and kind to the stomach. Great with Japanese condiments like wild chervil and sesame as well.

The most popular dish among Japanese customers **BEST 3!**

1. Kyona Salad ($10)
2. Chicken Zousui ($10)
3. Zaru Tofu ($6)

Chiyono

328 E 8th St (bet. 1st & 2nd Ave) Tel: 212-673-3984

Tue-Sat: 6pm-11.30pm
Sun 6pm-11pm

Chiyono has made a name for itself due to its home-style Japanese cooking lovingly prepared by chef and owner Chiyono Murano and the warm, friendly hospitality of the staff. "My customers tell me this is their favorite," says Murano, as she brings us a hearty dish of buta no kakuni, or slow simmered, bone-in pork belly. Simmered in shochu and granulated sugar for three to four hours, dried bonito flakes are added in at the end and lightly boiled.

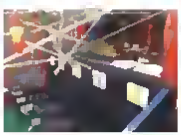
Buta no kakuni (simmered pork belly)

The collagen-rich cubes of pork are perfect with rice as well as a snack to go with drinks. Available in large entrée size ($10.50) and as an appetizer ($6.95).

The most popular dish among Japanese customers **BEST 3!**

1. Buta no kakuni ($10.50)
2. Pork Gyoza ($4.50)
3. Grilled Cod marinated with Miso ($11.75)

BOZU



296 Grand St. (bet. Havemeyer & Roebling St.) Tel: 718-384-7770 www.bozu.com

Mon-Thu & Sun 6pm-12am
Fri & Sat 6pm-1am

The goal at Bozu restaurant is to experience "blissful moments" through the gratification of all five senses – touch, taste, sound, sight, and smell. You can feel it the minute you step inside, especially through the scent and sight of a mostly wood interior and a large recently renewed outdoor patio open from Spring through Autumn. A perfect match for this relaxed environment on a hot summer night is a glass of beer and the Skewered Short Rib, bite-size pieces of tender short rib on a skewer. Speaking of spirits, Bozu also has an extensive drink menu, including a large variety of very delicious house-made fruit wines and Shochu.

Ryoan ($8.50)

Bozu's signature dish. It is a ceviche with fresh scallops, salmon and yellowtail marinated in a yuzu flavored soy sauce and vinegar, arranged in circles on kataifi with slices of avocado.

The most popular dish among Japanese customers **BEST 3!**

1. Ryoan ($8.50)
2. Shrimp Kataifi ($8.50)
3. Salmon Sea urchin ($8)

Komegashi Too

99 Pavonia Avenue Jersey City, NJ 07310 Tel: 201-533-8888 www.komegashi.com

Lunch Mon-Fri 12pm-2.30pm
Dinner Mon-Thu 5pm-10.30pm
Fri & Sat: 5pm-11pm
Sun 4pm-10pm

Location, location, location. Komegashi Too has it, being situated in front of the Path train (Pavonia/Newport station) and offering a view of the Manhattan skyline from its window seats. From the entrance, the curved design of the interior draws your gaze in to the bar, sushi counter and dining room of this stylish, relaxed restaurant. We recommend trying the "sashimi delicious" assortment of seven types of sashimi. No matter what you sample, the freshness of the fish and excellent quality is sure to satisfy.

Sashimi delicious ($35)

This dish embodies the pleasure of eating sashimi. The slices are generous and filling. It's extra healthy thanks to the side serving of brown rice with wild vegetables.

The most popular dish among Japanese customers **BEST 3!**

1. Chirashi Royale ($25)
2. Godzilla Roll ($10.95)
3. Tokyo Fusion (From $12.95 to $23.95)

LAN

56 3rd Ave. (bet. 10th & 11th St)
Tel. 212.254-1959
www.lan-nyc.com

Open 7 days a week
Mon-Sat: 5:30pm-2am LC: 2:30am
Sun: 5:30pm-11pm LC: 11:30pm

If you want to get a real meal at midnight, go to LAN. You can get a steak or fresh sushi with full service, even at 2am on weekdays. If you are not that hungry, you can enjoy drinks, and choose from a variety of well-selected wine & sake at the bar. LAN serves high quality meats at affordable prices. All dishes are mouth watering Japanese cuisine created by acclaimed Chef Akiyama. Enjoy a great meal and comfortable ambience with the finest service!

Roasted Lamb Chop ($26)
with Sesame Mustard Crust & Pan Seared Garlic soy

The meat is very tender and fresh. Crushed sesame adds wonderful flavor to lamb along with crispiness. Thickened garlic soy sauce has a potent strength that is well balanced with the meat.

The most popular dish among Japanese customers **BEST 3!**

1. Wagyu Sashimi ($14)
2. Miso Foie Gras ($16)
3. Blue Fin Tuna-Nigiri Sushi $9 per piece, Sashimi $40 per plate (5 pieces)

Sachiko's on Clinton

25 Clinton St.
(bet. Houston & Stanton St)
Tel. 212.253-2900
www.sachikosonclinton.com

Sun, Tue, Wed.
5.30pm-12:00am
Thu-Sat: 5.30pm-1:00am

For those looking for an authentic Japanese restaurant on the Lower East Side, look no further than Sachiko's on Clinton. Run by Sachiko Konami who has worked with one of the Iron Chefs in Japan, Sachiko's is a refreshing break from the busy city. Not only is it refreshing but healthy too. The food is traditional Japanese with a hint of Sachiko's own style. Her creative blends of oils and sauces prove that delicious flavors and good health can co-exist. Try the original sauces with Kushiage while sitting in the bamboo garden and you will have the perfect summer's evening.

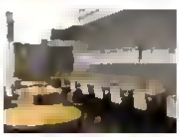
Assorted Kushiage (10 skewers) $24

A variety of breaded and fried seafood, vegetables, and meat on skewers. Using very finely crushed bread crumbs and only the healthiest of oils, Kushiage is a lighter alternative to even Tempura.

The most popular dish among Japanese customers **BEST 3!**

1. Assorted Kushiage ($24)
2. Tamatebako-Jewel box ($30)
3. Sushi Rolls- Tuna ($5)

15 EAST



15 East 15th St.
(bet Union Square W. & 5th Ave.)
Tel. 212-647-0015
www.15eastrestaurant.com

Mon-Fri: 11:45am-2pm & 6pm-10:30pm
Sat: 6pm-10.30pm

Famous for his French Restaurants, Marko Morera is now bringing modern Japanese food to New Yorkers at his new restaurant 15 East. Behind the Sushi Bar is Masato Shimizu, who previously treated customers to his creations at Jewel Bako. At 15 East, his specialties include Slow Poached Tako as well as Anago. The knowledgeable staffs seek to create more than just another Japanese restaurant with good service. Instead, they strive to serve superb food in a comfortable atmosphere that keeps customers coming back. Reservations are highly recommended.

Slow Poached Octopus ($9)

This is one of Masato's delicious and tender specialties. To create the succulent texture the octopus is massaged before boiling. Sea salt adds a slight edge to the flavor.

The most popular dish among Japanese customers **BEST 3!**

1. Tako Yawarakani (Slow Poached Octopus w/Sea Salt $9)
2. Red Salper Arai w/Ponzu ($18)
3. Sushi Anago ($5)

Kyo Ya

54 East 7th Street
New York, NY 10079
Tel. 212.982-4140

Closed on Mondays
Tues to Sat: 5:45pm to 11.30pm
Sun: 5:45 pm to 10.30 pm

Eating out should be an experience, and at Kyo Ya, located in the East Village, dining becomes special. Head Chef Chikara Sono, and his team of skilled chefs, bring patrons to a state of delicious bliss by serving authentic traditional-style Japanese cuisine that is crafted in designs that look almost too good to eat. With the freshest ingredients, Kyo Ya offers Pre-Fixe, four course interchangeable meal ($38) that includes an Amuse, Appetizer, Entree, and Dessert chosen from a list of constantly updated specialty items. Make sure you get there before 7pm because that's when this bang for your buck ends.

Tapas Medley ($16)

Assorted Appetizers of the day. Tapas Medley changes in accordance to the seasonal freshness of ingredients and various sushi combinations made with the famous sticky Uenuma rice of Niigata.

The most popular dish among Japanese customers **BEST 3!**

1. Gomadofu ($8.50)
2. Today's Special ($8-16)
3. Yuba and Uni Yoshino Style ($5)

Japanese Restaurant Guide

$35 Average price for a dinner entree and a drink (sake or wine)

Sushi Bar Available | L Open for Lunch
M Tu W Day Close | Delivery
Th F Sa Su | Family Dining
Romantic Dining | Local Favorite
Vegetarian Friendly | Brunch/Dinner

$ $25 and below

Upper West — Lenge $25
200 Columbus Ave. (bet. 69th & 70th St.)
212-799-9168

Upper West — Planet Sushi $25
340 Amsterdam Ave. (bet. 76th & 77th St.)
212-712-2162

Upper West — Sushi A-Go-Go $22
1900 Broadway (bet. 63rd & 64th St.)
212-724-7340

Upper West — Toma Sushi & Sake Bar $25
2950 Broadway (bet. 110th & 111th St.)
212-665-2516

Upper East — East Japanese $17
354 E. 66th St. (bet. 1st & 2nd Ave.)
212-734-5270

Upper East — Oyogu $25
1184 1st Ave. (bet. 63rd & 64th St.)
212-751-3316

Upper East — Tatan 72 $20
1400 2nd Ave. (bet. 72nd & 73rd St.)
212-472-1700

Upper East — Tsuki Restaurant $25
1410 First Ave. (bet. 74th & 75th St.)
212-517-8850

Upper East — Yuka $25
1531 York Ave. (at 81st St.)
212-988-5800

Midtown West — Aki Sushi $25
344 W. 52nd St. (bet. 8th & 9th Ave.)
212-247-2388

Midtown West — East 55 $18
253 W. 55th St. (bet. Broadway & 8th Ave.)
212-581-2240

Midtown West — Fuji $25
238 W. 56th St. (bet. Broadway & 8th Ave.)
212-245-7137

Midtown West — Go Sushi $10
756 9th Ave. (at 51st St.)
212-459-2288

Midtown West — GO! GO! CURRY! $8.5

Triple crown winner of Japanese Curry Contest, GO GO CURRY opened on 5/5/2007 in NY. GO in Japanese means number 5, so all of shes are $5 until 5/31! The one and only katsu curry restaurant in NY offers solid crowdy tasty curry. Let's go to GO GO CURRY!
223 W. 38th St. (bet. 7th & 8th Ave.)
212-730-5505 www.gogocurryusa.com

Midtown West — Iroha $20
152 W. 49th St. (bet. 6th & 7th Ave.)
212-398-8049

Midtown West — Ise 56 $25
56 W. 56th St. (bet. 5th & 6th Ave.)
212-707-8702

Midtown West — Kodama 45 $20
301 W. 45th St. (bet. 8th & 9th Ave.)
212-582-6965

Midtown West — Kyotofu $25
705 9th Ave. (bet. 48th & 49th St.)
212-974-6012

Midtown West — Menchanko-Tei $18
43-45 W. 55th St. (bet. 5th & 6th Ave.)
212-247-1585

Midtown West — Menkui-Tei $23
60 W. 56th St. (bet. 5th & 6th Ave.)
212-757-1642

Midtown West — Sapporo $12

Enjoy your meal with friends and family at newly renovated Sapporo. We have a variety of authentic ramen noodle soups and Japanese comfort food! Reasonably priced. Sapporo offers the best value and taste. High-chairs available. Open 7 days from 11am.
152 W. 49th St. (bet. 6th & 7th Ave.)
212-869-8972

Midtown West — Tachigui Sobaya $1
732 7th Ave. (bet. 48th & 49th St.)
212-265-1181

Midtown West — Teriyaki Boy $7
869 9th Ave. (bet. 57th & 58th St.)
212-307-7202

Midtown West — Yoshinoya $7
255 W. 42nd St. (bet. 7th & 8th Ave.)
212-703-9940

Midtown East — 212 Fukumatsu $22
212 E. 52nd St. (bet. 2nd & 3rd Ave.)
212-754-4440

Midtown East — Amakusa $20
143 E. 47th St. (bet. 3rd & Lexington Ave.)
212-593-3355

Midtown East — Azusa $25
3 E. 44th St. (bet. 5th & Madison Ave.)
212-681-0001

Midtown East — Chiyoda Sushi $16
10 E. 41st St. (bet. 5th & Madison Ave.)
212-400-0980

Midtown East — Donya $25
137 E. 47th St. (bet. Lexington & 3rd Ave.)
212-980-7909

Midtown East — Go Sushi $10
511 3rd Ave. (bet. 34th & 35th St.)
212-679-1909

Midtown East — Go Sushi $10
982 2nd Ave. (at 52nd St.)
212-593-9593

Midtown East — Hapon $25
211 E. 43rd St. (bet. 2nd & 3rd Ave.)
212-986-1213

Midtown East — Hizen $20
203 E. 45th St. (bet. 2nd & 3rd Ave.)
212-557-0239

Midtown East — Isa 49 $25
141 E. 49th St. (bet. Lexington & 3rd Ave.)
212-319-6874

Midtown East — Izakaya Ariyoshi $20
22E E. 53rd St. (bet. 2nd & 3rd Ave.)
212-319-5940

Midtown East — Katsu-hama $18
11 E. 47th St. (bet. 5th & Madison Ave.)
212-758-5309

Midtown East — Menchanko-Tei $14
131 E. 45th St. (bet. Lexington & 3rd Ave.)
212-986-6806

Midtown East — Nada-Sushi $25
135 E. 50th St. (bet. Lexington & 3rd Ave.)
212-838-2537

Midtown East — Omsub $0

Omusubi is often called rice balls in English. We serve not only traditional Omusubi but also nontraditional and novelty ones. Omusubi is a creative food that is fun and healthy. Please relax and enjoy delicious Omusubi in our stylish space. Catering service available.
156 E. 45th St. (bet. Lexington & 3rd Ave.)
212-922-5788 www.omusubi.com

Midtown East — Sushi Tima $25
821 2nd Ave. (bet. 43rd & 44th St.)
212-883-9903

Midtown East — Teriyaki Boy $7
150 E. 46th St. (bet. Lexington & 3rd Ave.)
212-867-5771

Midtown East — Yakitori East $20
210 E. 44th St. (bet. 2nd & 3rd Ave.)
212-687-5075

Korea Town — Tadai $25
6 E. 32nd St. (bet. Madison & 5th Ave.)
212-725-1333

Chelsea — Daioh Sushi $20
300 W. 23rd St. (bet. 7th & 8th Ave.)
212-727-0000

Chelsea — Daioh Sushi $20
300 W. 23rd St. (bet. 7th & 8th Ave.)
212-727-0999

Chelsea — ENNJU $10
20 E. 17th St. (bet. 5th & Broadway)
646-336-7004

Chelsea — Kitaya $20
13 E. 31st St. (bet. 5th & Madison Ave.)
212-685-1113

Chelsea — Momoya $20
195 7th Ave. (at 21st St.)
212-989-4494

Chelsea — Nooch $24
143 8th Ave. (at 17th St.)
212-691-8600

Chelsea — Takaya $10
144 W. 18th St. (bet. 6th & 7th Ave.)
212-924-3395

Gramercy — Choshi

Located near Gramercy Park, one sidewalk is open. Try our variety of original Sushi Rolls. Offering daily special for lunch and dinner. Lady's Set, Combination Box etc. Delivery and Take Out service is available. You can enjoy various kitchen foods.
77 Irving Place (at 19th St.)
212-420-1419 www.sushichoshi.com $20

Gramercy — Hamachi $15
34 E. 20th St. (bet. Broadway & Park Ave.)
212-420-0006

Gramercy — Izahaya Ten $20
207 10th Ave. (bet. 22nd & 23rd St.)
212-627-7777

Gramercy — Kaiten Sushi East $15
366 3rd Ave. (bet. 26th & 27th St.)
212-685-2324

Gramercy — Mishima $25
164 Lexington Ave. (bet. 30th & 31St. St.)
212-532-9598

Gramercy — Teriyaki Boy $7
19 Lexington Ave. (bet. 22nd & 23rd St.)
212-260-4420

Gramercy — Yakiniku JuJu $25
157 E. 28th St. (bet. Lexington & 3rd Ave.)
212-684-7830

Gramercy — YAMA Restaurant $20
122 E. 17th St. (at Irving Pl.)
212-475-0965

West Village — Go Sushi $10
3 Greenwich Ave. (at 6th Ave. & 9th St.)
212-366-9272

West Village — Meram $25
549 LaGuardia Pl. (bet. Bleecker & W. 3rd St.)
212-979-7055

West Village — Mtyahi $20
121 W. 3rd St. (Macdougal & 6th Ave.)
212-677-2370

West Village — Swish Cafe shabu shabu $20
99 W. 3rd St. (bet. Sullivan & Thompson St.)
212-777-8808

West Village — Taste of Tokyo $25
54 W. 13th St. (bet. 5th & 6th Ave.)
212-691-9666

East Village — Cha-An $20

Try varieties of tea from China, Japan and India together with original sweets by our pastry chefs. Daily special sets for lunch and dinner are also perfect with a simple Traditional tea ceremony in Sek-ka-do (Kaiseki tea room) available by reservation.
230 E. 5th St. 2nd Fl. (bet. 2nd & 3rd Ave.)
212-228-9030 www.cha-an.com

East Village — Chiyona $15
329 E. 6th St. (bet. 1st & 2nd Ave.)
212-673-3984

East Village — Esashi
32 Ave. A (bet. 2nd & 3rd St.) $25
212-505-8726

East Village — GD Restaurant $18
30 St. Marks Pl. (bet. 2nd & 3rd Ave.)
212-254-5510

East Village — Izakaya Ariyoshi $20
510 Broadway (bet. 11th & 12th St.)
212-388-1684

East Village — Izakaya Go

A popular authentic Japanese restaurant HEDEHI in NoHo will reopen its door as Izakaya GO. A wide variety of affordable dishes are from $5. Sapporo draft beer is only $2 all night long! Please come visit us and enjoy your night!
57 Great Jones St. (bet. Lafayette & Bowery) $20
212-473-8456

East Village — Kura Sushi $20
87 1st Ave. (at 4th St.)
212-979-6948

East Village — Le Miu $25
107 Ave. A (bet. 6th & 7th St.)
212-473-3100

East Village — Menkui-tei $10
53 Cooper Sq. (bet. 7th & St. Marks Pl.)
212-228-4152

East Village — MINCA $15
535 E. 5th St. (bet. Ave. A & B)
212-505-8001

East Village — Natori $20
58 St. Marks Pl. (bet. 1st & 2nd Ave.)
212-533-7711

East Village — Noodle Cafe Zen $12
31 St. Marks Pl. (bet. 2nd & 3rd Ave.)
212-533-4855

East Village **OH! Taisho**
8 St. Marks Pl (bet. 2nd & 3rd Ave.) $25
212-473-1300

East Village **Otafuku**
236 E. 9th St (bet. 2nd & 3rd Ave.) $6
212-353-8503

East Village **Rai Rai Ken**
214 E. 10th St. (bet. 1st & 2nd Ave.) $10
212-477-7030

East Village **Sake Bar Satsko**
202 E. 7th St. (bet. B & C Ave.) $20
212-614-0533

East Village **Sapporo East**
105 1st Ave. (at 10th St.) $20
212-260-1330

East Village **Sobaya**

Making fresh Soba daily by hand with high quality buckwheat flour imported from Japan. All natural ingredients make sobas healthy. Try Lunch box $15 with choice of soba or udon, side dishes and dessert. Daily special appetizer and sake selection for dinner.
229 E. 9th St. (bet. 2nd & 3rd Ave.) $20
212-533-5566 www.sobaya.com

East Village **Sobakoh**
309 E. 5th St. (bet. 1st & 2nd Ave.) $25
212-254-2244

East Village **Souen Restaurant**
29 E. 13th St. (bet. University Pl & 5th Ave.) $20
212-627-7150

East Village **Sushi Lounge**
132 St. Marks Pl. (bet. 1st Ave & Ave A) $12
212-598-1188

East Village **Teriyaki Boy**
211 E. 10th St. (bet. 1st & 2nd Ave.) $7
212-777-6058

East Village **Typhaon**
79 St. Marks Pl. (bet. 1st & 2nd Ave.) $15
212-979-2980

East Village **Uminoie**
99 E. 3rd St. (bet. 1st & 2nd Ave.) $25
646-654-1122

East Village **Village Yokocho**
8 Stuyvesant St. 2Fl (bet. 2nd & 3rd Ave.) $20
212-598-3041

East Village **Yakiniku West**
211 E. 9th St. (bet. 2nd & 3rd Ave.) $20
212-979-9238

East Village **Yakitori Taisho**
5 St. Marks Pl (bet. 2nd & 3rd Ave.) $20
212-228-5086

East Village **ZEN**
31 St. Marks Pl (bet. 2nd & 3rd Ave.) $15
212-533-6855

Lower Mhn **Hiroko's Place**
75 Thompson St. (bet. Spring & Broome St.) $15
212-625-1303

Lower Mhn **ITU**
250 Vesey St. (4 World Financial Center) $15
212-945-2096

Lower Mhn **Mottsu**
285 Mott St. (bet. E. Houston & Prince St.) $20
212-343-8017

Lower Mhn **Souen Restaurant**
210 6th Ave. (at Prince St.) $20
212-807-7421

Lower Mhn **Sutarahi**
23 Peck Slip (bet. Water & Front St.) $20
212-766-2344

Lower Mhn **Teriyaki Boy**
22 Madison Lane (bet. Broadway & Nassau) $1
212-385-8585

Lower Mhn **Tokyo Lunch**
10 John St. (bet. Nassau St & Broadway) $10
212-606-1394

Lower Mhn **Yoshi Restaurant**
201 E. Houston St. (Orchard & Ludlow) $18
212-539-0225

Lower Mhn **Zutto**
77 Hudson St. (bet. Jay & Harrison St.) $20
212-233-3287

Brooklyn **Geido**
331 Flatbush Ave. (bet. Park & Prospect Pl.) $20
718-638-6466

Brooklyn **Iron Chef Hauaa**
92 Clark St. (bet. Henry St & Monroe Pl.) $15
718-858-8517

Brooklyn **Tamari Restaurant**
201 F 9th Ave. (at Un on St.) $25
718-230-5535

Queens **ARIYOSHI**
41-13 Queens Blvd. (bet. 41st & 42nd St.) $20
718-937-3266

Queens **go wasabi**
34-02 30th Ave. (at 34th St.) $23
718-204-7354

Queens **go wasabi**
29-11 Queens Blvd. (bet. 29th & 32th St.) $23
718-204-0724

Queens **Shima Restaurant**
29-13 Broadway (bet. 29th & 30th St.) $15
718-721-5566

Upstate **Momiji**
261 Halstead Ave. Harrison, NY 10528 $20
914-835-1078

Upstate **Nishi**
473 Ashford Ave. Ardsley, NY 10502 $20
914-693-2500

Upstate **Sakura**
90 Garth Rd. Scarsdale, NY 10583 $15
914-723-7767

Upstate **Tanto**
939 White Plains Rd. Scarsdale, NY 10583 $10
914-725-3100

Long Island **Akari**
2093 Merrick Rd. Merrick, NY 11566 $20
516-379-3666

Long Island **Kurofune**
72 Commack Rd. Commack, NY 11725 $17
631-493-1075

Long Island **Nagashima**
12 A-1 Jericho Tpk. Jericho, NY 11753 $25
516-338-0022

Long Island **Sapporo**
3266 Merrick Rd. Wantagh, NY 11793 $15
516-785-3853

Long Island **Shiro of Japan**
401 Old Country Rd. Carle Place, NY 11514 $20
516-997-4770

Long Island **SUSHI ICHI**
700 N. Country Rd. Smithtown, NY 11787 $25
631-979-3111

Long Island **TAIKO Restaurant**
15 S. Village Ave. Rockville Centre, NY $18
516-679-6149

Long Island **Taka Sushi**
621 Carman Ave. Westbury, NY 11590 $20
516-678-0033

Long Island **Take Sushi**
1035 Broadway Woodmere NY 11598 $20
516-569-3606

Long Island **Torigo**
146 Jericho Tpk Floral Park NY 11001 $16
516-352-1116

Long Island **Yamaguchi**
63 Main St Port Washington NY 11050 $25
516-883-3500

Long Island **Yuki's Palette**
611 Old Country Rd Westbury NY 11590 $25
516-334-5009

Long Island **Yuki's Palette Toa**
11 Merrick Ave Merrick, NY 11566 $35
...

New Jersey **Asahi Japanese**
1475 Bergen Blvd Fort Lee NJ 07024 $17
201-944-5113

New Jersey **Daimatsu**
990 Mountain Ave Mountainside, NJ 07092 $25
908-233-7888

New Jersey **East**
1405 Teaneck Rd Teaneck, NJ 07666 $15
201-837-1290

New Jersey **Higo Battea**
2024 Center Ave, Suite J&K $10
201-461-5485

New Jersey **ICHIBAN**
776 Bloomfield Ave W Caldwell NJ 07006 $20
973-806-7178

New Jersey **Italian Tomato (Mitsuwa)**
595 River Rd Edgewater NJ 07020 $7
201-941-9113

New Jersey **Izakaya Oan**
671 Palisade Ave, Cliffside Park NJ 07010 $25
201-941-3400

New Jersey **Kanoko**
3685 Rt 27 & Rt 571 Princeton NJ 08540 $15
732-821-8822

New Jersey **Katsu Hana (Mitsuwa)**
595 River Rd Edgewater NJ 07020 $9
201-941-9113

New Jersey **Komegashi**
103 Montgomery St Jersey City NJ 07302 $25
201-433-4567

New Jersey **Miyoshi**
21 Mercer St Hackensack NJ 07601 $15
201-489-0007

New Jersey **Pinehill**
123 Paramus Rd Paramus NJ 07652 $20
201-843-0179

New Jersey **Sakura 46**
3611 W Route 46 Cliffside Park, NJ 07010 $20
201-807-1967

New Jersey **Sakurahana**
43 Franklin Ave Ridgewood, NJ 07450 $25
201-447-6525

New Jersey **Santohka (Mitsuwa)**
595 River Rd. Edgewater NJ 07020 $10
201-941-1004

New Jersey **Sanuki Sando (Mitsuwa)**
595 River Rd Edgewater NJ 07020 $6
201-941-9113

New Jersey **Sugi**
2117 Rt 4 E Bound Fort Lee, NJ 07024 $25
201-461-6036

New Jersey **Tomas Cuisine**
113 Rt 23 S Little Falls NJ 07424 $20
973-837-1117

New Jersey **Tomo Sushi**

A very popular Japanese restaurant in Princeton Tomo Sushi serves beautiful combos of sushi that satisfy the body and the soul. Menu with more than 100 items including 7 lunch specials and variety of maki sushi makes Tomo an exciting place to dine.
236 Nassau St Princeton NJ 08540 $20
609-924-8478 www.princetontomo.com

New Jersey **UKI UKI**
417 E Interchange Av Palisades Pk, NJ 07650 $15
201-947-8448

New Jersey **Umeya**
158 Piermont Rd Closter II, NJ 07626 $20
201-616-0911

Connecticut **Abis**
381 Greenwich Ave Greenwich CT 06830 $25
203-862-9100

Connecticut **Kazu**
64 N Main St Norwalk CT 06854 $25
203-855-7492

Connecticut **Sakura**
690 Post Road East, Westport, CT 06880 $25
203-222-0902

Connecticut **Toshi Japanese**
136 Simsbury Rd. #4 Avon, CT 06001 $20
860-677-6242

Connecticut **Wasabi Japanese**
24 S Main St Kent, CT 06757 $20
860-927-0048

$$ $26 - 40

Upper West **Haru**
433 Amsterdam Ave (bet. 80th &81st St.) $38
212-579-5856

Upper West **Roppongi**
434 Amsterdam Ave (at 81st St.) $35
212-362-8182

Upper West **Sushi Haaa**
466 Amsterdam Ave (bet. 83rd & 84th St.) $35
212-874-1078

Upper West **Tanzan**
245 Columbus Ave (at 73rd St.) $32
212 580 7300

Upper West **Tokyo Pop**
2728 Broadway (bet. 104th & 105th St.) $32
212-932-1000

Upper West **Yuki Sushi**
656 Amsterdam Ave (at 92nd St.) $31
212 787-6200

Upper East **Aki Sushi**
1425 York Ave (bet. 75th & 76th St.) $30
212-628-0685

Upper East **Haru**
1327 3rd Ave (at 70th St.) $38
212 452 1029

Upper East **Haru Saka Bar**
1329 3rd Ave (at 70th St.) $38
212-452-2230

Upper East **Ichiro**
1694 2nd Ave (bet.87th & 88th St.) $30
212 369-8300

Upper East **Ikenohaaa**
1016 Lexington Ave (bet. 72nd & 73rd St.) $30
212 737-6939

Upper East **Iron Sushi**
355 E 78th St (bet. 1st & 2nd Ave.) $29
212 772 7680

Upper East **Ka Sushi**
1329 2nd Ave (at 70th St.) $31
212-439-1678

Upper East **Ota-ya**
1572 2nd Ave (bet. 81st & 82nd St.) $33
212 988-1188

Upper East **Penn Match**
235 E 65th St (bet. Madison & Park Ave.) $35
212-737-4400

Upper East **Poke**
343 E 15th St (bet. 1st & 2nd Ave.) $35
212-243-0573

Upper East **Sake Hana**
265 E 78th St. (bet. 2nd & 3rd Ave.) $30
212-822-0582

Upper East **Shabu-Shabu 70**
314 E 70th St (bet. 1st & 2nd Ave.) $37
212-861-5535

Upper East **Sushi Hana**
1501 2nd Ave (at 79th St.) $30
212-327-0582

Upper East **Sushi Seki**
1143 First Ave (bet. 62nd & 63rd St.) $35
212-371-0231

Upper East **Takubei 86**
314 E 86th St. (bet. 1st & 2nd Ave.) $30
212-628-5334

Upper East **Wajima**
134 E 61st St. (bet. Lex & Park Ave.) $30
212-813-9086

Upper East **Wasabi Lobby**
1584 2nd Ave (at 82nd St.) $30
212-988-8662

Upper East **YUKA Restaurant**
1557 2nd Ave (bet. 80th & 81st St.) $27
212-774-0775

Midtown West **Aquamarine**
713 2nd Ave (bet. 38th &39th St.) $30
212-257-1880

Midtown West **Benihana**
47 W 56th St (bet. 5th & 6th Ave.) $30
212-581-0930

Midtown West **Hakata Grill**
230 W 48th St (bet. Broadway & 8th Ave.) $40
212-245-1020

Midtown West **Haru**
205 W 43rd St (bet. Broadway & 8th Ave.) $38
212-398-3410

Midtown West **Monster Sushi**
22 W 46th St (bet. 5th & 6th Ave.) $30
212-869-7707

Midtown West **Onigashima**
43-45 W 55th St. 2nd Fl (5th & 6th Ave) $30
212-541-7145

Midtown West **Pacific Echo**
242 W 56th St (bet. Broadway & 8th Ave.) $27
212-265-0966

Midtown West **Saka Bar Hagi**

Conveniently located in Midtown West Saka Bar Hagi serves a variety of local sake and shochu at the bargain prices. You can watch sporting events on a large plasma screen TV or just spend quality time with your friends in this homey bar. Open 7days until 3am
152 W 49th St (bet. 6th & 7th Ave.) $30
212 764-6540

Midtown West **Soba Nippan**
19 W 52nd St. (bet. 5th & 6th Ave.) $30
212-489-2525

Midtown West **Sushiya**
28 W 56th St (bet. 5th & 6th Ave.) $40
212-247-5256

Midtown East **Gyu-Kaku**

Gyu-Kaku Japanese BBQ restaurant in Midtown provides a private setting over looking beautiful night view of Midtown. You are your own chef cooking ... your liking at your table. Try one of sauces to bring out the best flavor in each ingredient.
805 3rd Ave...2nd Fl (at 50th St.) $40
212-702-8816 www.gyu-kaku.com

Midtown East **Haru**
240 Park Ave (at 48th St.) $38
212-490-9690

Midtown East **Hatsuhana Park**

Good for casual dinner with traditional fresh sushi. The combination of high quality fish and rice makes you happy. Don't forget to try the varied appetizer which are all favorites among the Japanese. Enjoy the typical Japanese way of relaxation
237 Park Ave (at 46th St.) $35
212-661-3400 www.hatsuhana.com

Midtown East **Izakaya Riki**
141 E 45th St (bet. 3rd & Lexington Ave.) $30
212-986-5604

Midtown East **Mega Midtown**
645 UN Plaza (bet. 1st Ave & 47th St.) $40
212-964-7777

Midtown East **Naniwa**
4 E 46th St (bet. 5th & Madison Ave.) $30
212-370-4048

Midtown East **Shaburi**
125 E 39th St (bet. Lexington & Park Ave.) $35
212-867-8855

Midtown East **Tokyo**
342 Lexington Ave (bet. 39th & 40th St.) $40
212-697-8330

Midtown East **Tsushima**
141 E 47th St (bet. Lexington & 3rd Ave.) $40
212-207 1838

Midtown East **YAMA Restaurant**
308 E 49th St (bet. 1st & 2nd Ave.) $37
212-355-3370

Chelsea **Aki Sushi**
124 W 36th St. (bet. Broadway & 7th Ave.) $30
212-868-6051

Chelsea **Iron Sushi**
140 3rd Ave (bet. 30th & 31St St.) $29
212-447-5022

Chelsea **Matsuri**
369 W16 St (bet 8th & 9th Ave) $30
212-243-6400

Chelsea **Mizu Sushi**
29 E 20th St (bet. Broadway & Park Ave.) $38
212-505-6678

Chelsea **Monster Sushi**

Monster Sushi has operated successful sushi restaurants in NY and NJ for 10 years. Founded by Cal Whitzer and Go Ito in 1997, Monster Sushi quickly became known as the sushi lover of choice among discriminating customers and the media.
158 W 23rd St (bet. 6th & 7th Ave.) $30
212-620-9131 www.monstersushi.com

Gramercy **Aji Sushi**
519 3rd Ave (bet. 34th & 35th St.) $26
212-686-2055

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Pork Hirekatsu Burger $12
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Tuna Dragon Roll $10
Kobe Beef Roll $16
NIGIRI SUSHI from $2
Kobe Beef Teriyaki Burger

Kobe Beef Sirloin Steak
APPETIZERS
Seaweed Salad $9
Guacamole Shrimp Salad $13
Tuna Summer Roll $15
Stuffed Chicken Wings $14
ENTRÉES
Sautéed Miso Black Cod $25
Tsukune Chicken Skewers $14
Kobe Beef Sirloin Steak $48
SUSHI
Omakase Nigiri Sushi from $28

Gramercy — **Aki Sushi**
121 E 27th St (bet Lex. & Park Ave. S.) — $30
212-213-9888

Gramercy — **Hana**
346 1st Ave (at 20th St.) — $40
212-598-9689

Gramercy — **Haru**
220 Park Ave. South (at 18th St.) — $30
646-420-0388

Gramercy — **Seburi**
19 E Lexington Ave. (bet. 30th & 31st St.) — $28
212-481-9795

Gramercy — **Sushi SAMBA**
245 Park Ave. South (bet. 19th & 20th St.) — $35
212-475-9377

Gramercy — **Sushi San-nin**
30 E 33rd St. (bet. Madison & Park Ave. S.) — $40
212-889-2208

Gramercy — **Sushi Twist**
58 Madison Ave. (bet. 27th & 28th St.) — $30
212-213-2299

West Village — **Kirara**
33 Carmine St. (bet. Bleecker & Bedford St.) — $30
212-741-2123

West Village — **Monster Sushi**
535 Hudson St. (at Charles St.) — $30
646-336-1833

West Village — **Rokumeisha**
11 Barrow St. (bet W. 4th St. & 7th Ave.) — $35
212-675-7775

West Village — **Tomoe Sushi**
172 Thompson St. (Bleecker & Houston) — $30
212-777-3346

West Village — **YAMA on Commerce St.**
39-40 Commerce St. (Bleecker & Bedford) — $37
212-989-8330

West Village — **YAMA on Houston St.**
32 Houston St. (LaGuardia & Thompson) — $37
212-674-0035

East Village — **EBISU**
414 E 9th St. (bet. 1st Ave. & Ave. A) — $30
212-979-9898

East Village — **Gyu-Kaku**

Gyu-Kaku Japanese BBQ restaurant in E. Village provides an ample space for a get together. You are your own chef cooking tasty morsels perfectly at your table. Meats, seafood and various vegetables are paired with original sauces to bring out the best flavor.

34 Cooper Sq. (bet. 5th & 6th St.) — $40
212-475-2989 www.gyu-kaku.com

East Village — **Hasaki**

Serving authentic Japanese food since 1984. our Edomae style sushi is made only by experience sushi chefs. Cozy Japanese garden in back yard open for summer. Try daily special from sushi bar and kitchen. Also offering seasonal delicacies.

210 E. 5th St. (bet. 2nd & 3rd Ave.) — $35
212-473-3327 www.hasaki.com

East Village — **Jeponica**
100 University Pl. (at 12th St.) — $40
212-243-7752

East Village — **Kenoyama**
175 2nd Ave. (at 11th St.) — $35
212-777-5266

East Village — **Kaaadala**
647 E 11th St. (bet. Ave. B & C) — $30
212-777-1582

East Village — **Shabu-Tatsu**
216 E 10th St. (bet. 1st & 2nd Ave.) — $33
212-477-2972

East Village — **Takahachi**
85 Ave. A (bet. 5th & 6th St.) — $36
212-505-0524

Lower Mhn — **EN Japanese Brasserie**
435 Hudson St. (at Leroy St.) — $40
212-647-9191

Lower Mhn — **Ise Downtown**
50 Pine St. (bet. William & Pearl St.) — $35
212-785-1600

Lower Mhn — **Kitchen Club**
30 Prince St. (at Mott St.) — $35
212-274-0025

Lower Mhn — **Sachiko's on Clinton**

High-end yet affordable "authentic-creative" Japanese sushi/sake restaurant in the heart of LES with tranquil garden for outside dining. Perfect for private parties, business meetings, birthday parties and holiday events. Delivery and catering services available.

25 Clinton St (bet. E. Houston & Stanton St.) — $33
212-253-2300 www.sachikosclinton.com

Lower Mhn — **Sui**
54 Spring St. (Lafayette and Mulberry) — $35
212-965-9636

Lower Mhn — **Takahachi Tribeca**
145 Duane St. (Church & W. Broadway) — $36
212-571-1630

Brooklyn — **Bozu**

Japanese fusion tapas with home-made infused Japanese spirits and more than 20 varieties of sakes. Try our sushi bombs which decorated round sushi and don't forget our huge summer time patio. 6pm-12am (Mon-Thu, Sun) 6pm-1am (Fri & Sat)

296 Grand St. (bet. Havemeyer & Roebling) — $30
718-384-7770 www.bozu.com

Brooklyn — **Osaka**
272 Court St. (bet. Butler & Douglass St.) — $30
718-643-0044

Brooklyn — **Sakura Cafe**
348 5th Ave. (bet. 9th & 7th Ave.) — $30
718-832-2970

Brooklyn — **Tenzao**
7116 18th Ave. (at 71st St.) — $32
718-621-3235

Queens — **Shiro of Japon Atlas Pk**
80-40 Cooper Ave. (at 80th St.) — $30
718-326-6704

Upstate — **Hajime**
267 Halstead Ave. Harrison, NY 10528 — $30
914-777-1543

Upstate — **Kiko House**
1121 E. Washington Ave. Pearl River, NY — $30
845-735-4685

Upstate — **Noda**
200 Hamilton Ave. White Plains, NY 10601 — $40
914-949-0660

Upstate — **Tsuru**
255 N. Central Ave. Hartsdale, NY 10530 — $30
914-761-0057

Long Island — **Benihana**
Northern Blvd. Munsey Park, NY 11030 — $30
516-627-3400

Long Island — **Benihana**
920 Merchants Concourse, Westbury, NY — $30
516-222-6091

IZAKAYA

SAKE BAR Hagi

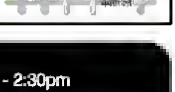
Conveniently located in Midtown West, Sake Bar Hagi serves variety of local sake and shochu at the bargain prices. You can watch sporting events on a large plasma screen TV or just spend quality time with your friends in this homey bar.

Sake Bar Hagi
152 W. 49th St. (bet. 6th & 7th Ave.) 212-764-8549

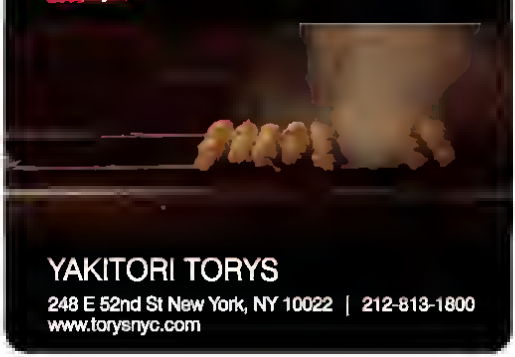
An Oasis in Midtown NY
Outdoor Dining OPEN!

Early Summer Special!
Sapporo Beer Draft, Japanese Beer $3.75 → $2.00
(For Dinner and Outdoor Dining Only)
Large and small parties for up to 80 people. Can be closed for private parties.

初花 PARK
237 Park Avenue (bet. 45th & 46th St.) Tel. 212.661.3400
Monday–Friday 11:45am-2:45pm (Lunch) 5:30pm-10pm (Dinner)



LUNCH M - F / 12pm - 2:30pm
DINNER M - F & Sat / 6.00pm -11:30pm
Sun & Holiday / 6pm - 11pm



YAKITORI TORYS
248 E 52nd St New York, NY 10022 | 212-813-1800
www.torysnyc.com

Long Island **Bonbori**
14 Elm St, Huntington, NY 11743 — $40
631-673-0400

Long Island **Inatome Steak House**
8 5th St, Valley Stream, NY 11581 — $30
516-872-0419

Long Island **Isono**
214 Jericho Tpk, Floral Park, NY 11001 — $30
516-437-4562

Long Island **Kobon Restaurant**
2016 Merrick Rd, Merrick, NY 11566 — $30
516-223-8200

Long Island **Koiso**
540 Westbury Ave, Carle Place, NY 11514 — $26
516-333-3434

Long Island **Kura Barn**
478 New York Ave, Huntington, NY 11743 — $30
631-673-0060

Long Island **Torigo**
196 Jericho Tpk, Floral Park, NY 11001 — $35
516-352-1118

New Jersey **Ichiban**
414 Hackensack Ave, Hackensack, NJ 07601 — $30
201-489-0301

New Jersey **Komegashi too**

Located on water front Jersey City, Komegashi have the most gorgeous view overlook Manhattan skyline, and exciting sushi selections. Try our Chirashi Royale, the freshest pick from chef with selection from Japan and domestic. Only 5 min. PATH from NYC!
99 Town Sq. Place, Jersey City, NJ 07310 — $30
201-533-8788 www.komegash.com

New Jersey **Masa Sushi & Grill**
81 W. Allendale Ave, Allendale, NJ 07401 — $30
201-934-6618

New Jersey **Matsushima**
565 River Rd, Edgewater, NJ 07020 — $35
201-945-9450

New Jersey **Monster Sushi**
395 Springfield Ave, Summit, NJ 07901 — $30
908-598-1100

Connecticut **Fuji Garden Steak House**
215 Henry St, Fairfield, CT 06879 — $30
860-539-1155

Connecticut **KU**
95 E. Putnam Ave, Cos Cob, CT 06807 — $38
203-422-6313

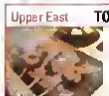
$$$ $41 - 65

Upper East **Donguri**
309 E. 83rd St. (bet. 1st & 2nd Ave.) — $54
212-737-5656

Upper East **Geisha**
33 E. 61st St. (bet. Park & Madison Ave.) — $61
212-413-1112

Upper East **Sushi Sen-nin**
1420 3rd Ave. (bet. 80th & 81th St.) — $53
212-249-4902

Upper East **TORI SHIN**



TORI SHIN, a not an ordinary Yakitori Restaurant! Refined Tokyo-style Yakitori is made only with organic chickens from FARMS. No smoke from the grill with excellent ventilation. Vegetarian dishes available.
5:30pm-11:30pm (Mon-Wed) 5:30pm-12:30am (Thu-Sat)
1193 1st Ave. (bet. 64th & 65th St) — $50
212-586-8400

Midtown West **Koi**
40 W. 40th St. (5th & 6th Ave) — $62
212-921-3330

Midtown West **Shimizu**
318 W. 51st St. (bet. 8th & 9th Ave.) — $45
212-581-1581

Midtown West **Sushiden**
123 W. 49th St. (bet. 6th & 7th Ave.) — $57
212-398-2800

Midtown West **Yokiton TOTTO**
251 W. 55th St. (bet. Broadway & 8th Ave.) — $44
212-245-4555

Midtown East **Aburuya Kinnosuke**
213 E. 49th St. (bet. 2nd & 3rd Ave.) — $51
212-867-5456

Midtown East **Fusha Asian Cuisine**
1065 1st Ave. (at 58th St.) — $45
212-752-8383

Midtown East **Hatsuhana**
17 E. 48th St. (bet. 5th & Madison Ave.) — $50
212-355-3345

Midtown East **Nippon**
155 E. 52nd St. (bet. Lexington & 3rd Ave.) — $49
212-759-0226

Midtown East **Restaurant SEO**
249 E. 49th St. (bet. 2nd & 3rd Ave.) — $60
212-355-7722

Midtown East **Rungo**
205 E.45th St. (bet. 2nd & 3rd Ave.) — $53
212-867-4200

Midtown East **Sakagura**

Largest Sake Bar in the world with 200 varieties of sake and seasonal daily specials. Hand made soba and a combination of soba with a iced dish for lunch and dinner. An amazing hideout situated on the basement level is perfect for couples. Private party is available.
211 E. 43rd St.-B1F (bet. 2nd & 3rd Ave.) — $50
212-953-7253 www.sakagura.com

Midtown East **Sushi ANN**
38 E. 51st St. (bet. Park & Madison Ave.) — $60
212-755-1780

Midtown East **Sushiden**
15 E. 49th St. (bet. 5th & Madison Ave.) — $57
212-751-2700

Midtown East **Torya**

The sister restaurant of Yakitori Totto, Torya is the newest Yakitori spot in Midtown. Menu showcases every imaginable part of chicken, fruitlessly seasoned and grilled to perfection. Torya offers more Okinawan-inspired dishes. Open for lunch and dinner.
245 E. 52nd St. 2Fl (bet. 2nd & 3rd Ave.) — $44
212-813-1300 www.toryanyc.com

Chelsea **Naka Naka**
458 W. 17th St. (at 10th Ave.) — $50
212-929-8544

Chelsea **Ono**
Gansevoort Hotel, 18 9th Ave. (at 13th St.) — $60
212-660-6766

Gramercy **BUTAI**
115 E. 16th St. (bet. Park Ave. & Irving Pl.) — $42
212-387-7685

Gramercy **JAPONAIS**
111 E. 18th St. (bet. Irving Pl. & Park Ave. S.) — $50
212-260-2020

West Village **Aki**
181 W. 4th St. (bet. Barrow & Jones St.) — $41
212-675-5440

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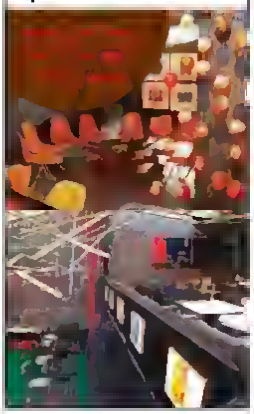
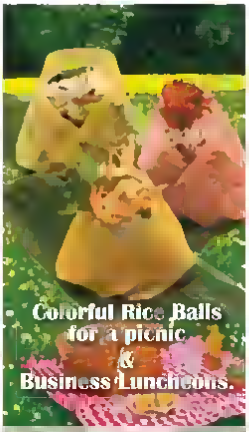
Brooklyn NY 11211
718.384.7770
www.bozu.com
6pm-12am Mon thru Thurs, Sun
6pm-1am Fri & Sat





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New York Los Angeles Honolulu San Francisco Boston New Jersey
www.beardpapas.com

West Village **Blue Ribbon Sushi** — 119 Sullivan St (bet. Prince & Spring St.) — 212-343-0404 — $51

West Village **CHANTO Restaurant**

CHANTO-Upscale and High-in one CHANTO Upstairs is an elegant fine-dining restaurant, where diners can enjoy inspiring Japanese cuisine in a trendy atmosphere. CHANTO BAR on street level offers more casual food including sushi and Kobe Beef burgers ($9)

133 7th Ave. South (bet 10th & Charles St.) — 212-463-0848 — www.chantonyc.com — $45

West Village **TAKA** — 81 Grove St (bet. 7th Ave. & Bleecker St.) — 212-242-3699 — $43

East Village **JEWEL BAKO** — 239 E. 5th St. (bet. 2nd & 3rd Ave.) — 212-979-1012 — $50

East Village **LAN**

Located in E. Village, LAN offers the finest selection of food and sake. World renown Chef Akiyama's creations are exquisite yet affordable. Sushi and Japanese beef dishes are among the most popular. Open late. Perfect spot to satisfy you late night craving.

56 3rd Ave. (bet. 10th & 11th St.) — 212-254-1359 — www.lan-nyc.com — $43

East Village **Sumile** — 154 W. 13th St. (bet. 6th & 7th Ave.) — 212-243-7699 — $45

Lower Mhn **MEGU** — 62 Thomas St. (Church & W. Broadway) — 212-964-7777 — $50

Brooklyn **Blue Ribbon Sushi** — 278 5th Ave. (bet. 1st St. & Garfield Pl.) — 718-840-0406 — $51

Brooklyn **Zankichi** — 77 N. 6th St. (bet. Wythe Ave. & Berry St.) — 718-388-8985 — $50

Upstate **Nenase** — 522 Mamaroneck Ave. Wh. to Plains, NY — 914-285-5351 — $50

New Jersey **KIKU** — 385 Rt. 17 South, Paramus, NJ 07652 — 201-265-7200 — $45

Staten Island **Fushimi** — 2110 Richmond Rd. (at Lincoln Ave.) — 718-980-5300 — $42

$$$$ $66 or more

Upper West **Asiate** — Mandarin Oriental Hotel, 35F — 212-805-8881 — $84

Upper West **Bar Masa** — Time Warner Ctr., 10 Columbus Cir. 4th Fl. — 212-823-9800 — $69

Upper West **Gari** — 370 Columbus Ave. (bet. 77th & 78th St.) — 212-362-4816 — $74

Upper West **Masa** — Time Warner Ctr., 10 Columbus Cir. 4th Fl. — 212-823-9800 — $446

Upper East **KAI** — 822 Madison Ave. (bet. 68th & 69th St.) — 212-988-7277 — $79

Upper East **Sasabune** — 401 E. 73rd St. (bet. 1st & York Ave.) — 212-249-4563 — $80

Upper East **Sushi of Gari** — 402 E. 78th St. (bet. 1st & York Ave.) — 212-517-5340 — $70

Midtown West **Kobe Club** — 66 W. 56th St. (bet. 5th and 6th Ave.) — 212-664-5523 — $120

Midtown West **NOBU 57** — 40 W. 57th St. (bet. 5th & 6th Ave.) — 212-757-3000 — $100

Midtown West **Sugiyama** — 251 W. 55th St. (bet. Broadway & 8th Ave.) — 212-956-0670 — $90

Midtown East **Hakuba** — The Kitano Hotel, 66 Park Ave. (at 38th St.) — 212-885-7111 — $66

Midtown East **Ichimura** — 1026 2nd Ave. (bet. 54th & 55th St.) — 212-355-3557 — $100

Midtown East **Inagiku** — 111 E. 49th St. (bet. Park & Lexington Ave.) — 212-355-0440 — $70

Midtown East **Kuruma Sushi** — 7 E. 47th St. 2nd Fl. (5th & Madison Ave) — 212-317-2802 — $109

Chelsea **MORIMOTO** — 88 10th Ave. (bet. 15th and 16th St.) — 212-989-8883 — $90

West Village **Ushiwakamaru** — 136 Houston St. (Sullivan & MacDougal) — 212-228-4181 — $80

Lower Mhn **NINJA** — 25 Hudson St. (bet. Duane & Reade St.) — 212-274-1500 — $70

Lower Mhn **NOBU** — 105 Hudson St. (at Franklin St.) — 212-219-0500 — $100

Lower Mhn **NOBU NEXT DOOR** — 105 Hudson St. (Franklin & N. Moore St.) — 212-334-4445 — $75

CAFE

Upper West **Beard Papa's Upper W.**

We bake our special choux pastry several times daily and our secret recipe puffs are filled with the highest quality cream custards made on the premise. You can taste the difference of our commitment to serve only the freshest cream puffs with the highest quality cream every bite.

2167 Broadway (at 77th St.) — 212-799-3770 — www.mypuffhouse.com — Cream Puffs

Upper East **Choux Factory** — 1695 1st Ave. (bet. 87th & 88th St.) — 212-289-2023 — Cream Puffs

Midtown East **Cafe Zaya Midtown E** — 18 E. 41 St. (bet. 5th & Madison Ave.) — 212-779-0600 — Bakery

Midtown East **Choux Factory** — 865 1st Ave. (bet. 48th & 49th St.) — 212-223-0730 — Cream Puffs

West Village **Beard Papa's W. Village** — 5 Commerce St. (bet. 6th Ave. & Bedford St.) — 212-989-8855 — Cream Puffs

East Village **Beard Papa's Astor Pl.** — 749 Broadway (bet. Astor & Waverly Pl.) — 212-353-8089 — Cream Puffs

East Village **Cafe Zaya East Village** — 89 Cooper Sq. (at St. Marks St.) — 212-243-4020 — Bakery

East Village **Gateaux Bakery** — 494 Kinderkamack Rd. Riveredge, NJ 07661 — 201-634-1131 — Bakery

East Village **PANYA** — 10 Stuyvesant St. (bet. 2nd & 3rd Ave.) — 212-777-1930 — Bakery

Lower Mhn **Tasty Natural Desserts** — 150 Centre St. (at Walker St.) — 212-219-9199 — Desset Bar

New Jersey **Parisianna** — 250 Main St. Fort Lee, NJ 07024 — 201-592-8678 — Bakery

KARAOKE

Upper East **Iggy's** — 1452 2nd Ave. (bet. 75th & 76th St.) — 212-927-8043 — no charge

Midtown East **Japas 27** — 36 3rd Ave. (bet. 26th & 27th St.) — 212-889-2328 — $8/h /person

Midtown East **Japas 38** — 9 E. 38th St. (bet. 5th & Madison Ave.) — 212-679-4040 — $8/h /person

Midtown East **Karaoke Cabe** — 238 E. 53rd St. 4th Fl. (bet. 2nd & 3rd Ave.) — 212-755-1657 — $5/h /person

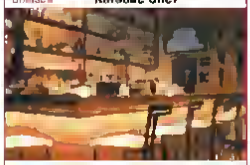
Korea Town **iBop Karaoke** — 25 W. 36th St. 3rd Fl. (bet. 5th and 6th Ave.) — 646-752-4895 — $6/h

Korea Town **Karaoke Duet** — 53 W. 35th St. 2nd Fl. (bet. 5th & 6th Ave.) — 646-473-0828 — $4/h /person

Korea Town **Tinga Tinga Karaoke** — 152 Madison Ave. 6th Fl. (bet. 32nd & 33rd St.) — 212-213-0075 — $40/h /box

Korea Town **Toto Music Studio** — 36 W. 32nd St. #5 (bet. 32nd and 33rd St.) — 212-594-6644 — $35/h /box

Chelsea **Karaoke One7**



Karaoke One7 offers the city's largest sung selection of over 30,000 in 13 different languages and new songs are added monthly. Sing at the bar for $2 per song or sing with your friends in a room equipped with a Hi-Fi sound, plasma TV. We do variety of drinks available from the bar. Drinks are half price during Happy Hour (2pm–7pm) with some restrictions. Open 7 days from 2pm to 4am. Large party rooms available. Call for reservation.

212-675-3527 www.karaoke17.com — $2/song — 25 W 17th St (bet 5 & 6Ave)

East Village **Lush Lounge** — 5 E. 13th St. (bet. 5th Ave. & University Pl.) — 646-486-3225 — 35/h /box

East Village **Planet Rose** — 218 Avenue A (bet. 13th & 14th St.) — 212-353-9500 — $2/song

East Village **Sing Sing (Ave. A)**

SING-SING KARAOKE AVENUE A

Among the newest and trendiest restaurants on Avenue A, Sing Sing offers a bar lounge and 15 private rooms for karaoke. It is a perfect place for get together with friends after dinner. Large party rooms are available for up to 30 people. OPEN 7 DAYS

81 Avenue A (bet. 5th & 6th St.) — 212-674-0700 www.karaokesingsing.com — $7/h per person

East Village **Sing Sing (St. Marks)**

SING-SING KARAOKE BY MARKS

Conveniently located on St. Marks Street, in the heart of East Village. Sing Sing is a Karaoke lounge with 16 Private Rooms. The brand new lounge is a great spot for young adults who love to sing. OPEN 7 DAYS 1:00PM-4:00AM. Party@karaokes ngsing.com

9 St. Marks Pl. 2nd Fl. (bet. 2nd & 3rd Ave.) — 212-387-7600 www.karaokesings ng.com — $7/h per person

Lower Mhn **Asia Roma Bar & Lounge** — 40 Mulberry St. (in Worth St.) — 212-385-1133 — no charge

Lower Mhn **Bny Karaoke Bar** — 8 Thompson St. 2Fl (bet. 6th Ave. & Canal St.) — 212-334-5430 — $30/h /box

Restaurant Guide Reference

1. Area
2. Average price for dinner entree & drink (Sake or Wine)
3. Day closed
4. Sushi Bar Available
5. Delivery
6. Ambiance (Business Dining)
7. Lunch Open

Other Asian Restaurant Guide

$35 Average price for a dinner entree and a drink (sake or wine)

Sushi Bar Available
M To W Day Close
Th F Sa Su
Romantic Dining
Vegetarian Friendly
L Open for Lunch
Delivery
Family Dining
Local Favorite
Business Dinner

$ $25 and below

CHINESE

Upper West **Hunan Park** $23 L
235 Columbus Ave (bet 70th & 71st St.)
212-724-4411

Upper West **Ivy's Cafe** $23 L
154 W 72nd St (bet Broadway & Columbus Ave.)
212-787-3333

Upper West **Ollie's** $21 L
1681 Broadway (bet. 87th & 88th St.)
212-595-8181

Upper West **Ollie's** $21 L
2957 Broadway (at 116th St.)
212-932-8800

Upper East **Hunan Balcony** $18 L
1650 3rd Ave (bet. 92nd & 93rd St.)
212-517-9088

Upper East **Lin's Noodle & Grill** $22 L
1500 3rd Ave. (bet. 84th & 85th St.)
212-439-1313

Midtown West **Grand Sichuan** $15 L
745 9th Ave (bet 50th & 51st St.)
212-582-2200

Midtown West **Joe's Shanghai** $20 L
24 W 56th St (bet. 5th & 6th Ave.)
212-333-3868

Midtown West **Ollies** $15 L
200-B W 44th St (bet. 7th and 8th Ave.)
212-921-5388

Midtown West **Tangs Pavilion** $20 L
65 W 55th St (bet. 5th & 6th Ave.)
212-956-6888

Midtown West **Wu Liang Ye** $25 L
36 W 44th St (bet. 5th & 6th Ave.)
212-398-2308

Midtown East **Dynasty Sung** $22 L
511 Lexington Ave (at 48th St.)
212-355-1200

Midtown East **Grand Sichuan** $23 L
1041 2nd Ave (bet. 55th & 56th St.)
212-355-5955

Midtown East **Mao Noodle Shop** $15 L
922 2nd Ave (at 49th St.)
212-688-0027

Chelsea **Grand Sichuan** $23 L
227 Lexington Ave (bet. 33rd & 34th St.)
212-679-9770

Chelsea **Grand Sichuan** $23 L
229 9th Ave (at 24th St.)
212-620-5200

West Village **Empire Szechuan** $15 L
173 7th Ave S (at Perry St.)
212-243-6016

Lower Mhn **Dim Sum Go Go** $15 L
5 E. Broadway (bet. Catherine & Oliver St.)
212-732-0797

Lower Mhn **Golden Unicorn** $15 L
18 E. Broadway (Division & Catherine St.)
212-941-0911

Lower Mhn **Jing Fong** $15 L
20 Elizabeth St (bet. Bayard & Canal St.)
212-964-5256

Lower Mhn **Joe's Ginger** $15 L
25 Pell St (at Doyers St.)
212-285-0333

Lower Mhn **Joe's Shanghai** $15 L
9 Pell St (bet. Bowery & Mott St.)
212-233-8854

Lower Mhn **Lin's Dumpling House** $10 L
28 Bowery (at Bayard St.)
212-349-0323

Lower Mhn **Mandarin Court** $15 L
61 Mott St (bet. Bayard & Canal St.)
212-608-3838

Brooklyn **Faan** $15 L
209 Smith St (bet. Baltic & Butler St.)
718-694-2277

KOREAN

Korea Town **36 Bar & BBQ** $20 Su L
5 W 36th St (bet. 5th & 6th Ave.)
212-239-5000

Korea Town **Book chang dang** $15 L
34 W 32nd St (bet. 5th Ave & Broadway)
212-736-9002

Korea Tow **Dan's Bagam** $25 L
17 E 32nd St (bet. 5th & Mad son Ave.)
212-683-2200

Korea Town **Franchia** $25 L
12 Park Ave (bet. 34th & 35th St.)
212-213-1001

Korea Town **Gam Mee Ok** $15 L
43 W 32nd St (bet. 5th Ave & Broadway)
212-695-4113

Korea Town **HAN BAT** $15 L
53 W 35th St (bet. 5th & 6th Ave.)
212-629-5588

Korea Town **HANGAWI** $20 L
12 E 32nd St (bet. 5th & Mad son Ave.)
212 213-0077

Korea town **Hyo Dong Gak** $15 L
51 W 35th St (bet. 5th & 6th Ave.)
212-695-7157

Korea Town **Kontang House** $15 Su L
32 W 32nd St (bet. 5th Ave & Broadway)
212-947-5482

Korea Town **Kum Gang San** $20 L
48 W 32nd St (bet. 5th Ave & Broadway)
212-967-0909

Korea Town **Kunjip Restaurant** $15 L
9 W 32nd St (bet. 5th Ave & Broadway)
212-216-9487

Korea Town **Seoul Garden** $15 L
34 W 32nd St (bet. 5th Ave & Broadway)
212-736-9002

Korea Town **Shilla** $25 L
37 W 32nd St (bet. 5th Ave & Broadway)
212-967-1999

CHOPSTICKS Tricks & Trivia

Bad Manners – Chopsticks (Never do that!)

Nama bashi Licking the tips of the chopsticks
Sashi bashi Spearing food with the tips of the chopsticks
Yose bashi Pulling dishes towards you using the chopsticks
Hashi utsushi Taking food with your chopsticks from another person's chopsticks
Tsukitate bashi Sticking chopsticks into the bowl of rice vertically

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212-349-3132
Gramercy Park
311 2nd Ave (Corner of 18th St.)
212-477-2727
Chelsea
165 W 23rd St (Bet. 6th & 7th Ave.)
212-645-8808
Theater District
244 W 48th St (Bet. 8th Ave. & Broadway)
212-582-3392

Won Jo $20
23 W 32nd St. (bet. 5th Ave. & Broadway)
212-695-5815

Wao Chon $20
10 W 36th St. (bet. 5th & 6th Ave.)
212 695-0878

Panang Gumey Drive $20
541 La Guardia Pl. (W 3rd & Bleecker)
212 477-0800

Bon Joo $20
107 1st Ave. (bet 6th & 7th St.)
212-505-7974

Dok Sum's $15
115 1st Ave (bet. 7th St & St. Marks Pl.)
212-477-5506

Sura $25
105 E 9th St. (bet. 3rd & 4th Ave.)
212 982-6390

Kori $15
253 Church St. (bet. Leonard & Franklin St.)
212-334-0900

Li Hua $12
171 Grand St. (bet. Centre & Baxter St.)
212 343-0090

Ookebi $20
196 Grand St. (bet. Bedford and Driggs Ave.)
718-782-1424

Kalbi House $20
251 Central Ave White Plains NY 10606
914-328-0251

Gam Mee Ok $12
485 Main St. Fort Lee, NJ 07024
201-242-1333

THAI

Lemongrass Grill $22
2534 Broadway (at 95th St.)
212-666-0666

Jasmine $25
161a 2nd Ave. (at 10th St.)
212-517-0054

Sa-Wey $20
1475 1st Ave (at 77th St.)
212 744-6374

Spice $25
1411 2nd Ave (bet. 73rd & 74th St.)
212-585-5346

BANGKOK HOUSE $15
Established in summer of 2002, Bangkok house has been recognized as one of the best. The restaurants in Manhattan. It features a great location near both Times Square and all Broadway Theaters. Listed one of the top ten best Thai restaurant in NYC by Citysearch
360 W 46th St (bet. 8th & 9th Ave.)
212-541-5043 www.bangkokhousenyc.com

Chanpan Thai $20
761 9th Ave. (at 51st St.)
212-586-6808

Pongsri Thai $20
244 W 48th St (bet. Broadway & 8th Ave.)
212-582-9092

Topaz Thai $15
127 W 56th St (bet. 6th & 7th Ave.)
212-957-9020

YUM YUM 3 $15
YUM YUM 3 is the third and most exciting yet of the Yum Yum family of restaurants. Conveniently located at corner of 46th St. and 9th Ave. we offer the most authentic Thai menu and most affordable prices you can find in Manhattan
656 9th Ave. (bet corner of 46th St.)
212 956-0638 www.yumyum3.com

YUM YUM BANGKOK $15
Casual-hip atmosphere inexpensive but very worthwhile cuisine = a fun place to chill. We feature a variety of authentic Thai cuisine seafood, beef duck and chicken dishes and weekly Chef's special. Prefixe Special only $14.95.
650 9th Ave (bet 45th & 46th St.)
212.262.7244 www.yumbangkokny.com

Lemongrass Grill $22
136 E 34th St. (bet Lexington & 3rd Ave.)
212 213-3317

Pad Thai $20
114 4th Ave (bet. 15th & 16th St.)
212-631-0226

Pongsri Chelsea $20
165 W 23rd St (bet 6th & 7th Ave.)
212-645-5404

Pongari Thai $20
311 2nd Ave (at 18th St.)
212-477 2727

Regional Thai $15
208 7th Ave. (bet 21St & 22nd St.)
212-807 0772

Royal Siam $15
240 8th Ave (bet. 22nd & 23rd St.)
212-741 1732

Galanga $15
149 W 4th St (bet. Macdougal & 6th)
212-228-4267

Lemongrass Grill $22
9 E. 13th St (bet 5th Ave. & University Pl.)
212 242-0509

Holy Basil $15
149 2nd Ave (bet 9th & 10th St.)
212-460-5557

Klong $20
7 St. Marks Pl (bet. 2nd & 3rd Ave.)
212 505-3655

SEA $15
25 2nd Ave (bet 4th & 5th St.)
212-228-5505

Spice $15
60 University Pl (bet 10th & 11th St.)
212 982 3758

Kin Khao $25
171 Spring St. (Thompson & W. Broadway)
212-226-3456

Peep $25
177 Prince St. (bet. Sullivan & Thompson St.)
212-254-7337

Lily Thai $10
615 Grand St. (bet. Leonard & Lorimer St.)
718-218-7522

SEA $24
114 N. 6th St. (at Berry St.)
718-384-4950

Tuk Tuk $12
204 Smith St. (bet. Baltic & Butler St.)
718-222-6555

VIETNAMESE

Saigon Grill $21
620 Amsterdam Ave (at 90th St.)
212-875-0072

Asia Grill $20
1239 2nd Ave (at 65th St.)
212-753-9818

Boonthai $12
1393A 2nd Ave (bet. 72nd & 73rd St.)
212-243-8484

Vermicelli $20
1492 2nd Ave (bet. 77th & 78th St.)
212-288-8668

PHO32 $15
2 W 32nd St (bet. 5th Ave & Broadway)
212-695-0868

Lanham $15
333 3rd Ave (bet. 27th & 28th St.)
212-686-5168

O Mai $25
58 8th Ave (bet. 15th & 16th St.)
212-633-0550

Saigon Grill $21
91 University Pl (bet. 11th & 12th St.)
212-982-0651

HOIAN $15
135 W Broadway (bet. Thomas & Duane St.)
212-233-1339

Nam $25
110 Reade St. (Church & W Broadway)
212-267-1777

Nha Trang $15
87 Baxter St. (bet. Bayard & Canal St.)
212-233-5948

Pho Tu Do $15
119 Rewery St. (bet. Hester & Grand St.)
212-966-2608

Viet Cafe $25
345 Greenwich St. (bet Harrison and Jay St.)
212-431-5888

OTHER

Amber $25
1406 3rd Ave (at 80th St.)
212-249-5020

Blue Chili $20
251 W 51st St (bet. 8th & Broadway)
212-489-5237

VYNL $25
754 9th Ave (bet 50th and 51th St.)
212-974-2003

Zen Palate $25
663 9th Ave (at 46th St.)
212-582-1669

Planet Thailand 212 $25
30 W 24th St (bet. 5th & 6th Ave.)
212-727-7025

Rice on Lexington Ave $15
115 Lexington Ave (at 28th St.)
212-686-5400

Vele $20
55 W 21st St (bet. 5th & 6th Ave.)
212-675-8007

Cafe Asean $22
117 W 10th St (Greenwich & 6th Ave.)
212-633-0348

Zen Hawaii BBQ $15

Just opened in March. Zen Restaurant offers unique fusion of sushi, Hawaiian BBQ and Hong Kong style Dim Sum. All You Can Eat Sushi is only $9.99 for lunch and $14.99 for dinner. Parties up to 70 people available. Bring a copy of this picture and you'll also enjoy 15% off. Come now!! We offer good music and friendly environment. Open at 11am-11pm (Mon-Fri) and 12pm-10:30pm (Sat & Sun)
212-967-9541 www.zenhawaibbq.com
11 W. 36th St. (bet. 5th & 6th Ave)

Friendhausa $15
86 3rd Ave. (bet. 12th & 13th St.)
212-388-1838

Lanham $20
121 University Pl (at 13th St.)
212-420-1179

MA*YA $25
234 E 4th St. (bet. Ave. A & B)
646 313-1957

Shiki Kitchen $25
135 1st Ave. (bet 9th & St. Marks Pl.)
212-614-1605

Franklin Station Cafe $16
222 W Broadway (bet. Franklin & White St.)
212.274-8525

Rice $12
227 West St. (bet. Prince & Spring St.)
212-226-5775

Chai Home Kitchen $16
124 N. 6th St. (at Berry St.)
718-599-5888

Planet Thailand $24
133 N 7th St. (bet. Bedford Ave. & Berry St.)
718-599-5758

Rice $19
81 Washington St. (bet. Front & York St.)
718-222-9880

Bistro En $25
252 Dingraw Ave. Teaneck NJ 07666
201-692-0700

$$ $25 - 40

CHINESE

Cafe Evergreen $30
1216 1st Ave. (bet. 69th & 70th St.)
212-744-3266

Our Place Cuisinas $32
1444 3rd Ave. (bet. 81st & 82nd St.)
212-288-4898

Pig Heaven $32
1540 2nd Ave. (bet. 80th & 81st St.)
212-744-4333

Shangkai Pavilion $37
1378 3rd Ave. (bet. 78th & 79th St.)
212-585-3388

Wu Liang Ye
215 E 80th St (bet. 2nd & 3rd Ave.) $29
212 534-6858

Our Place Shanghai
Midtown East
141 E 55th St (bet. Lexington & 3rd Ave.) $30
212-753-3900

Peking Duck House

BEST PEKING DUCK IN NYC
Our house specialty and a crowd favorite. Our duck is roasted in an oven until the meat is tender and the skin is crispy. www.pekingduckhousenyc.com
236 E 53rd St. (bet 2nd & 3rd Ave.) $33
212-758-9200

Tse Yang Restaurant
Midtown East
34 E 51st St. (bet. Park & Madison Ave.) $40
212 688-5447

Bright Food Shop
Chelsea
216-218 8th Ave (at 21St St.) $26
212-243-4433

Chow Bar
West Village
230 W 4th St. (W 10 & Christopher St.) $39
212 633-2212

66
Lower Manhattan
241 Church St (at Leonard St.) $35
212 925-0202

KOREAN

Korea Palace
Midtown East
127 E 54th St. (bet. Park & Lexington Ave.) $35
212-832-2850

Kang Suh
Koreatown
1250 Broadway (at 32nd St.) $30
212 564-6545

Da Hwn
West Village
55 Carmine St. (at Bedford St.) $39
212-414-1224

THAI

Land
Upper West
450 Amsterdam Ave (bet. 81st & 82nd St.) $26
212-501-8121

Chat Home Kitchen
Midtown West
530 9th Ave $30
212 707-0776

Jaiya Thai
Chelsea
396 3rd Ave (bet. 26th & 29th St.) $28
212-683-1330

VIETNAMESE

Bo
Midtown East
240 E 44th St. (bet. 2nd & 3rd Ave.) $40
212-681-8541

Bao Noodles
Chelsea
361 2nd Ave (bet. 22nd & 23rd St.) $26
212 725-7770

Mai House
Lower Manhattan
146 Franklin St (bet Greenwich & Hudson St.) $35
212-431-0606

OTHER

Hispaniola
Upper West
838 W 181st St. (at Cabrini Blvd.) $39
212-740-5222

Penang
Upper West
240 Columbus Ave (bet. 71st & 72nd St.) $30
212 769-3581

Rain
Upper West
100 W82nd St (Amsterdam & Columbus) $40
212-501-0776

Gobo
Upper East
1426 3rd Ave (at 81st St.) $31
212-988-5099

Bue 57
Midtown West
60 W 57th St (at 6th Ave.) $40
212-307 5056

Gobo
West Village
401 6th Ave (bet. 8th & Waverly St.) $31
212 255-3242

Lucky Cheng's
East Village
24 1st Ave (bet. 1st & 2nd St.) $40
212-473-0516

O G
East Village
507 E 9th St (bet. Ave A & B) $30
212-477-4849

CHUBO
Lower Manhattan
9 Clinton St (bet E Houston & Stanton St.) $40
212-674-6300

AOZORA Restaurant
New Jersey
407 Bloomfield Ave Montclair NJ 07042 $30
973-233-3400

$$$ $41 - 65

CHINESE

Shun Lee West
Upper West
43 W65 St (Columbus & Central Pk W) $52
212-595-8895

Philippa
Upper East
33 E 60th St (bet. Madison & Park Ave.) $60
212-644-5885

China Grill
Midtown West
CBS Building 60 W 53rd St (at 6th Ave.) $65
212 333-7788

Ruby Foo's Times Sq.
Midtown West
1626 Broadway (bet. 49th & 50th St.) $41
212-489-5900

Chiam Chinese Cuisine
Midtown East
160 E 48th St (bet. Lexington & 3rd Ave.) $44
212 371-2323

Chia Chin
Midtown East
216 E 49th St (bet. 2nd & 3rd Ave.) $46
212-888-4555

Shun Lee Palace
Midtown East
155 E 55th St (bet. Lexington & 3rd Ave.) $52
212-371-8844

Mr Chow Tribeca
Lower Manhattan
121 Hudson St. (at N Moore St.) $60
212-965-3500

KOREAN

Woo Lae Oak
Lower Manhattan
148 Mercer St (bet E Houston & Prince St.) $50
212-925-8200

THAI

Kittichai
Lower Manhattan
60 Thompson St (bet. Broome & Spring) $56
212-219-2000

VIETNAMESE

Le Colonial
Midtown East
149 E 57th St. (bet. Lexington & 3rd Ave.) $50
212-752-0808

OTHER

Ruby's Foo's Uptown
Upper West
2182 Broadway (bet. 77th & 78th St.) $41
212-724-6700

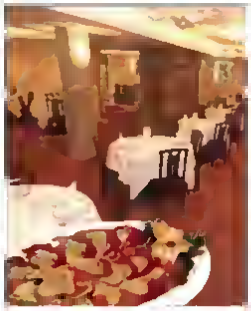
Aja Asian Bistro
Midtown East
1059 1st Ave (bet. 58th & 59th St.) $43
212-888-8008

Asia De Cuba
Midtown East
237 Madison Ave (bet. 37th & 38th St.) $50
212-726-7755

$$$$ $66 or more

CHINESE

MU K'a
Midtown East
570 Lexington Ave (at 51st St.) $75
212-583-1668



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Fax: 212-753-9236

28 Mott St. New York, NY 10013
Tel: 212-227-1810
Fax: 212-227-1920

www.pekingduckhousenyc.com

Tricks & Trivia

How much alcohol is in Sake?

There are two basic types of sake "normal sake" and "special designation sake." Normal sake does not qualify for any levels of special designation sake. Special designation sake can be divided into 4 types.

- Honjozo-shu, having a slight amount of distilled alcohol added
- Junmai-shu made from rice only. Mandated that at least 30% of the rice be polished away, no alcohol added
- Ginjo-shu rice weight polished to 50-60%
- Daiginjo-shu, rice weight polished to 50% or less.

CHOPSTICKS

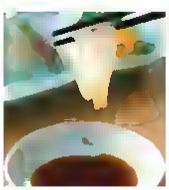
Cook Japanese Dishes at home

–Much easier than you think

Start with shopping the right Japanese pantry items

Soy Sauce
The Essential Japanese Ingredient

Soy sauce is a dark brown fermented seasoning liquid made up of koji malt from soybeans, wheat, and salt water. It has well earned its place as the king of Japanese food seasonings, adding a distinctive richness and "umami" or savory flavor to any food when applied before or during cooking, even as a finishing touch. Soy sauce is the essential condiment for Japanese cooking and is even a secret and powerful ingredient in American cuisine. It contains a balanced mixture of the five tastes: sweetness, sourness, saltiness, bitterness, and umami, and more than 300 types of fragrant components, stimulating the appetite, even more so when heated. The deodorizing effect of several of the soy sauce's components can eliminate the smell of fish or meat, which is especially ideal for erasing the unpleasant smell of raw fish when eating sashimi. Nutrients in soy sauce include: protein 7.5g, sodium 5900mg, phosphorus 140mg, and sodium chloride 15.0g.



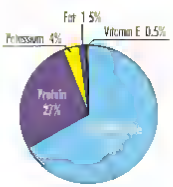
Versatile Power of Soy Sauce

Today, we will be topping rice with slices of tuna that have been pickled in soy sauce to eliminate that fishy smell. But first, for fun and to show just how many ways you can use this versatile ingredient, try adding a trickle of soy sauce onto your cream cheese and watch it transform into a flavorsome dip. Add soy sauce on ice cream? Oh yeah! It will quickly change into a caramel-flavored ice cream! Now that you know, go and experience the power of soy sauce for yourself!

Cooking Advisor
Reiko Yamada

A celebrity-cooking teacher in Tokyo, Reiko Yamada brings a special generosity to her sophisticated cuisine. Her warm personality and wealth of cooking knowledge keep her classes highly sought after. An advisor to health institutions and food service providers, Ms. Yamada also develops menus for some of Tokyo's leading restaurants.
Reiko-cooking@nifty.com reiko-cooking@arsweb.ne.jp

Tuna Zuke-don (Soy Sauce Tuna Bowl)



INGREDIENTS

- ❑ Tuna 2/3 lb.
- ❑ Soy sauce 3 Tbsp.
- ❑ Sweet sake 2 Tbsp
- ❑ Sake 1 Tbsp
- ❑ Rice
- ❑ Leet (Welsh onion, raw cibol)

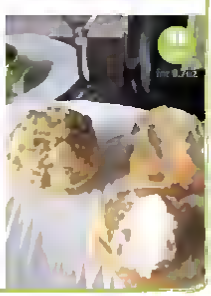
INSTRUCTIONS

1. Slice raw tuna into 5mm pieces.
2. Pickle tuna with Tare of soy sauce, sweet sake, and sake.
3. Scoop rice into a bowl and arrange pickled tuna evenly on top.
4. Top with finely chopped leet (Welsh onion, raw cibol).

Soy Sauce Flavored Cream Cheese

INGREDIENTS

- ❑ Cream cheese 1/2lb
- ❑ Grated onion 1Tbsp
- ❑ Soy sauce 1Tbsp
- ❑ Walnuts 1oz
- ❑ Black pepper



INSTRUCTIONS

1. Chop walnuts into small pieces.
2. Soften cream cheese. Add soy sauce, grated onion, black pepper and mix well.
3. Make ping pong ball size cheese.
4. Roll and cover cheese balls with chopped walnuts.

Soy Sauce Ice Cream

188 kcal

INGREDIENTS

- ❑ Vanilla ice cream 1.5 Cup
- ❑ Soy sauce 3 Tbls.

INSTRUCTIONS

1. Unfreeze ice cream. Mix with soy sauce.
2. Let it freeze.

photos by Naoko Nagai

Grocery & Liquor Guide

The following is a list of stores where you can buy Japanese food and drink.

GROCERY

JAS Mart 1
2647 Broadway (bet. 103th & 111th St.) | 212-866-4780 | Japanese

M2M B way & 114th
2935 Broadway (bet. 114th & 115th St.) | 212-280-4600 | Japanese

47th Japanese Deli
148 E 47th St (bet Lexington & 3rd Ave.) | 212-813-0675 | Japanese

Katagiri & Co Inc
224 E 59th St (bet. 2nd & 3rd Ave.) | 212-755-3566 | Japanese

Yagura
24 E 41st St. (bet. 5th & Madison Ave.) | 212-679-3777 | Japanese

Han Ah Reum
25 W 32nd St.(bet. Broadway & 5th Ave) | 212-695-3063 | Korean

Woorijip
12 W 32nd St. (bet. 5th Ave. & Broadway) | 212-244-1115 | Korean

CHEZ NDAH

Japanese grocery store CHEZ NDAH is now open in the quaint neighborhood of West Village! Display space for Japanese knives and tableware. Entrance to elex after shopping

800 Washington St. (bet. Morton & Leroy) | 212-675-4294 | Japanese Grocery

JAS Mart 2
35 St. Marks Pl. (bet. 2nd & 3rd Ave.) | 212-420-6370 | Japanese

JAS Mart 3
34 E 23rd St (bet. 5th Ave. & Broadway) | 212 387-6882 | Japanese

M2M E. Villaga
200 E. 11th St. (at 3rd Ave.) | 212-353-2998 | Japanese

Sunrise Mart
4 Stuyvesant St. 2nd Fl. (3rd Ave. & 9th St.) | 212-598-3040 | Japanese

Pearl River Mart
477 Broadway (Grand St. & Broom St.) | 800-878-2446 | Chinese

Sunrise Mart, SaHo
494 Broome St. (W. Broadway & Wooster) | 212-219-0033 | Japanese

Tonjin Mart
31 Mulberry St. (bet. Canal & Bayard St.) | 212-962-6822 | Japanese

Tonjin Mart
5815 Fort Hamilton Pkwy (at 59th & 59th St.) | 718-238-0373 | Japanese

Family Market
2915 Broadway (bet. 29th & 30th St.) | 718-650-7925 | Japanese

Dishis Gaurmet Market
109-09 71 st St.Forest Hills NY 11375 | 718-544-4677 | Japanese

Sakura-ya
7305 Austin St. (bet. Ascan Ave. & 73rd Rd.) | 718-268-7220 | Japanese

Asian Market
81 Colvin Ave. Albany NY 12208 | 518-458-8166 | Chinese

DAIDD
622 Mamaroneck Ave. White Plains NY | 914-683-6736 | Japanese

DS Seafood
141-6 North Central Ave. Hartsdale NY 10530 | 914-946-9065 | Japanese

Fuji Mart Corp. Scarsdale
816 White Plains Rd. Scarsdale NY 10583 | 914-472-1662 | Japanese

Kan San Foods, LLC
22 Barker Ave. White Plains NY 10601 | 914-428-4500 | Japanese

Meidi-Ya
18 North Central Ave. Hartsdale NY 10530 | 914-949-2178 | Japanese

Dishinbo
289 Halstead Ave. Harrison NY 10528 | 914-835-4990 | Japanese

Nara Japanese Foods
195A Main St. Port Washington NY 11050 | 516-883-1835 | Japanese

Shin Nippon Do
63 Mineola Ave. Port Washington NY 11577 | 516-625-5514 | Japanese

Toyo Foods
625 Port Washington Blvd. Port WA, NY | 516-944-6464 | Japanese

DAIDD
1365 16th St. Fort Lee NJ 07024 | 201 944-0020 | Japanese

Family Market NJ
10 Franklin Tpk. Waldwick, NJ 07463 | 201-444-5133 | Japanese

Han Ah Reum
99 Lincoln Hwy Parkway NJ 07095 | 732-382-5626 | Korean

Mitsuwa Marketplace

Mitsuwa MARKETPLACE

Mitsuwa Marketplace in New Jersey is the East Coast's largest Japanese Supermarket. The supermarket sells Japanese dairy and grocery products, sashimi grade fish, fresh vegetables, a full line of Japanese sake, home appliances and many more.

595 River Road NJ 07020 | 201-941-9113 www.mitsuwaex.com | Japanese Grocery

Ridgewood Fisheries
30 Prospect St. Ridgewood NJ 07450 | 201-670-0582 | Japanese

Fuji Mart Corp. CT
1212 E. Putnam Ave. Old Greenwich CT 6878 | 203-698-2107 | Japanese

J-Mart
15 Orange St. New Haven CT 06510 | 203-772-1234 | Korean

Cherry Mart
3490 Newburry St. Boston MA 02115 | 617 437-1939 | Japanese

Kotobukiya
1815 Massachusetts Ave. Cambridge, MA | 617-354-6014 | Japanese

Yashinoya
36 Prospect St. Cambridge MA 02139 | 617 491-6221 | Japanese

LIQUOR

Gotham Wines & Liquors
2517 Broadway (bet. 93rd & 94th St.) | 212 932-0990 | Sake

Nancy's Wine
313 Columbus Ave. (bet. 74th & 75th St.) | 212-877-4040 | Sake

Garnet Wine
825 Lexington Ave. (bet. 68th & 69th St.) | 212-772-9211 | Sake

Mister Wright
1583 3rd Ave. (bet. 89th & 90th St.) | 212-722-4564 | Sake

Ambassador Wine
1020 2nd Ave. (at 54th St.) | 212-421-5078 | Sake

Landmark wine
167 W. 23rd St. (0th & 7th Ave.) | 212242-2323 | Sake Shochu

Union SQ Wine
140 5th Ave. (at 19th St.) | 212-675-8100 | Sake Shochu

LEDU WINES
800 Washington St. (at Leroy St.) | 212-924-0388 | Sake

Aster Wine
395 Lafayette St. (at 4th St.) | 212-674-7521 | Sake

MJK liquor
161 3rd Ave. (bet. 15th & 16th St.) | 212-475-8188 | Sake

Warehouse Wines
735 Broadway (at W.9th St.) | 212-982-7770 | Sake

Granyetta Wine
151 Grand St. (bet. Crosby & Lafayette St.) | 212 925-1236 | Sake

New York Wine EX.
9 Broadway (bet. Morris & Battery Pl.) | 212-422 2222 | Shochu

September Wines L.E.S
100 Stanton St. (at Ludlow St.) | 212-389-0770 | Sake

SHUGD

SAKE STORE AT HARTSDALE SINCE 2001. We are proud to carry a full line of SAKE from all corners of Japan. If you have your favorite, please call and we'll be happy to get it for you. Open 7Days 11:00am-7:00pm 12:00pm-7:00pm (Wed. Sun)

12 N. Central Ave. Hartsdale NY 10530 | 914-949-5900 | Sake/ Shochu

Dahte SuperMarket
420 Washington St. Hoboken, NJ 07030 | 201-420-7600 | Sake

Format Ad
from $80/month
Please contact us for detail

TEL: 212-431-997D (Ex.102)

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Ice Cream & Sherbet

Green tea
Sweet Red Beans
Mango
Plum
Lychee

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"IKEBANA"
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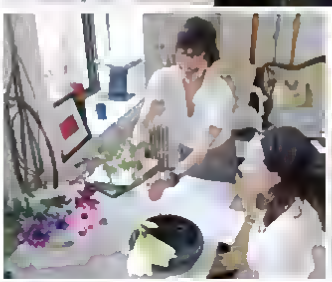
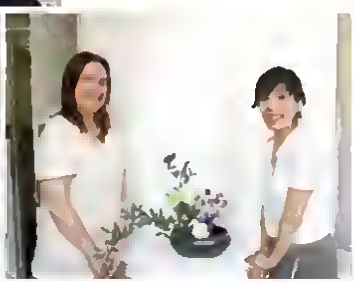
A harmony of linear construction, rhythm, and color; in themselves, decorative requirements – experienced in a cozy afternoon in Manhattan

The traditional art of flower arrangement is alive and thriving in a Soho Loft. Started by Junko Miura, an Ikenobo ikebana master, Ikebana Flowers provides a glimpse of Japanese culture with a New York touch. Miura combines the traditional art form, her own creative sense and the city's vibrant energy to produce beautifully original arrangements. Her designs include classic Ikebana and the more modern Western Fusion. Not only a designer but an excellent teacher, her students win many awards. Her students are a mix of hobbyists and designers and they can choose from a variety of courses. The classes range from a one-day Introduction to a two-year Ikebana Master course.





Monitor's Experience

"On a beautiful May afternoon, I visited Ikebana Flowers. Having never practiced Ikebana before I was a little nervous, but Junko makes you feel immediately welcome. She is tremendously knowledgeable about the history of Ikebana and Japanese culture. Beginning with Buddhism in the 6th Century, she explained how Ikebana developed as a combination of Buddhist and Shinto practice. Then we began to trim and arrange the branches according to ikebana principles.

Quietly placing the flowers, has a calming effect but it is exciting to see your arrangement grow. We used Anemone, Amaryllis and green Italian Luscus branches this time. After finishing, Junko critiques each student's piece in a firm but constructive manner. In one afternoon, I was able to learn a little Japanese culture, create a beautiful flower arrangement, and after this 3 hours session, I feel truly energized" states Elizabeth F. Gallo, a multimedia artist who lived in Japan for four years.

The class she experienced: **Introduction to Ikebana** By Appointment Only. Begin to explore the basic concepts of ikebana flower arrangements. Explore the history of this honored tradition, its conceptual foundation, and its unique aesthetic approach. Learn how to compose arrangements expressing balance, depth, and linear perfection.

There are other sessions available:
New York Ikebana Fusion,
Basics of Ikebana – Moribana Style,
Basics of Ikebana – Negeire Style,
Center Pieces of Table Arrangements Ikebana Style,
Ikebana Master Classes

Single lesson 3 hours **Course fee** $80
Materials $50 (Vase, Kenzan* & Flowers)
*Circular or round metal disk ikebana tool, with many sharp points coming out of it to keep flowers stable.

For details, contact **Junko Flower School NY**
173 Lafayette St. 2F (bet. Broom & Grand St)
Tel: 212-255 9769 www.ikebanaflowers-ny.com

School Guide

LANGUAGE

Midtown East — Amity Language Institute — Japanese
124 E 40th St #203 (bet Park & Lex. Ave.)
212-687-4374

Midtown East — GEOS Language Institute — Japanese
360 Fifth Ave #612 (bet 33rd & 34th St.)
646-674-0001

Midtown East — Japan Society — Japanese
333 E 47th St (bet 1st & 2nd Ave.)
212-832-1155

Midtown East — Language House — Japanese
545 Fifth Ave. # 910 (at 45th St.)
212 949-5455

Chelsea — ABC Language Exchange — Japanese
136 W 29th St #1204 (bet 6th & 7th Ave.)
212-563-7580

Chelsea — Tenri — Japanese
43A W 13th St. (bet 5th & 6th Ave.)
212-645-2600

TRADITIONAL

Upper West — Sogetsu Ikebana School — Ikebana
201 W 70th St. (at Amsterdam Ave.)
212-873-6116

Upper East — Earthworks Pottery — Pottery
1705 1st Ave (at 88th St.)
212-876-5945

Upper East — Uresenke Chanoyu Ctr — Sado
153 E 69th St (bet. 3rd & Lexington Ave.)
212-988-6161

Midtown West — New York Toge School — Pottery
5 W 30th St 3rd Fl (bet. 5th & Broadway)
212-268-1711

Midtown West — The Nippon Club — Sado
145 W 57th St. (bet. 6th & 7th Ave.)
212 581-2223

Lower Mhn — Ikebana Flowers NY — Ikebana
173 Lafayette St. #207 (Broome & Grand St.)
212-255-7755

Lower Mhn — Kempo Cultural Center — Calligraphy
31 Bond St (bet. Lafayette St. & Bowery)
212-228-8883

Queens — K-sui Shodo — Shodo
Japanese calligraphy is the art of drawing characters with a brush to express beauty and spiritual ity. You will enjoy the balance, rhythm and tranquilness of lines. Private lessons from beginner to intermediate. Make your original scroll at the end of lesson.
23-11 38th St., 2nd Fl. Long Island City
718-278-0508

Japan — Ikebana International — Ikebana
nfo@ikebanany.org
212-724-7097

Japan — Okore School of Ikebana — Ikebana
oharanyc@aol.com
646-314-8587

MARTIAL ARTS

Upper West — Kokoshi Budo Institute — Karate
332 R vers de Dr (bet. 105th & 106th St.)
212-960-6777

Upper West — NY Yoshinkan Aikido — Aikido
2726 B oadway 3rd Fl (bet. 104th & 105th St.)
347-539-0422

Upper West — Shorinryu Matsukayoshi — Karate
131 W72 St. 2A (bet. Amsterdam & Columbus)
212-875-1426

Upper West — Shotokan Karate-Do NY — Karate
2121 Broadway 4th Fl (at 74th St.)
212-799-5500

Upper West — UWS Kenshiker Karate — Karate
2744 B oadway 2nd Fl (bet 105th & 106th St.)
917 291-0497

Upper East — Ultimate Karate USA — Karate
1950 3rd Ave. 3rd Fl (at 107th St.)
212-426-4666

Upper East — WTKO Honbu Dojo — Karate
206 E 63rd St (bet. 2nd & 3rd Ave.)
212 207 1307

Midtown West — Aikido of Manhattan — Aikido
80 W 39th St 3rd Fl (at 6th & 5th Ave.)
212-575-0151

Midtown West — KYOKUSHIN KARATE — Karate
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254 Fifth Ave (at 30th St.)
212-947-3334 www.kyokushinkarate.com

Midtown West — New York SATO DOJO — Karate
257 W 39th St. 14Fl (bet 7th & 8th Ave)
646-613-5174

Midtown West — Shinjinkukan New York — Karate
250 W 57th St #528 (Broadway & 8th Ave)
917-400-9193

Midtown East — Kenshikaikan Karate — Karate
YMCA 224 E 47 St (bet. 2nd & 3rd Ave.)
212 756-9600

Midtown East — N Y Shorin Ryu Karate — Karate
37 W 26th St #9 (bet. Broadway & 5th Ave.)
212-490-9600

Chelsea — Bond Street Dojo — Aikido
214 W 29th St 3rd Fl (bet. 7th & 8th Ave.)
212-477-0553

Chelsea — Eizanryu Jujitsu Biwako — Judo
214 W 29th St 3rd Fl (bet. 7th & 8th Ave.)
212 260-0827

Chelsea — New York Aihikai — Aikido
142 W 19th St 2nd Fl (bet. 6th & 7th Ave.)
212 242-6248

Chelsea — SkorupKempo NYC — Karate
151 W 26 St 6Fl (bet 6th & 7th Ave.)
917 721-0726

Chelsea — Tiger Schelmann's — Mix
39 W 19th St. (bet. 5th Ave & B oadway)
212-727-0773

Chelsea — U S Budo Kai-Kan — Karate
110 W 14th St 2 Fl (bet 5th & 7th Ave.)
212-807-7338

Koiea Town — World Oyama Karate — Karate
Matsumoto Dojo has a wide variety of ph ilosoph es and techn ques of martial art systems to choose from. All egos are checked at the door. Passionate instructors strive to prov de expert, quality instruct on in safe and enjoyable atmospheres.
35 W 31st St. 6th Fl (bet. 5 Ave & Broadway)
212-629-7709 www.oyamakaratenyc.org

Chelsea — World Seido Karate — Karate
61 W 23rd St 2nd Fl (bet. 5th & 6th Ave.)
212-924-0511

West Village — Shin-Budokan Honbu — Aikido
77 6th Ave. Lower Level (at 14th St.)
212-691-1378

East Village — World Kanreikai Karate — Karate
4 W 16th St. 3rd Fl (at 16th St.)
212-677-7228

Lower Mhn — Karate Honmo Dojo — Karate
107 Suffolk St.(Delancey & Rivington)
914-613-3696

Brooklyn — Aikido Of Park Slope — Aikido
555 5th Ave (at 15th St.)
718-788-5632

Brooklyn — Jikishinkan Aikido Dojo — Aikido
211 Smith St. (bet. Baltic & Butler St.)
718-488-9511

Queens — Aikido Club of Queens — Aikido
220-28 Hills de Ave (at Bogardus Pl.)
718-468-4610

Queens — Queens Judo Center — Judo
108-15 Metropolitan Ave (bet. 72nd & 72Dr.)
718-263-5836

OTHER

Midtown West — The Nippon Club — Dance
145 W 57th St. (bet. 6th & 7th Ave.)
212-581-2223

Queens — The Arts Cure Center — Dance
33-24 Northern Blvd (bet. 33rd & 34th St.)
718-729-3566

Beauty Guide

HAIR SALON

Upper West — Hoshi Coupe III — F $40 M $40
2801 Broadway (at 108th St.)
212-663-0460

Upper East — Giovanni-Socchi — F $50- M $30-
1364 Lexington Ave (bet. 90th & 91st St.)
212-360-5557

Upper East — Michi — F $60- M $60-
206 E 60th St (bet. 2nd & 3 d Ave.)
212 752 8229

Upper East — Tomoko Shime Hair — F $80- M $55-
171 E 82nd St. (bet. 3rd & Lexington Ave.)
212 722-8420

Midtown West — Hiseko Salon — F $40- M $40-
5 W 45th St. 2nd Fl (bet. 5th & 6th Ave.)
212 764-7640

Midtown West — Mingle New York — F $70- M $70-
10 W. 55th St. 2nd Fl (bet. 5th & 5th Ave.)
212-459-3320

Midtown West — Mitzu — F $125 M $95
57 W. 57st St. #1204 (at 6th Ave.)
212 757 5360

Midtown West — VIJIN — F $58- M $52
10 Rockefeller Plaza, Concourse Level
212-397 2222

Midtown East — Hen Mates Midtown — F $50 M $50
114 E. 40th St. (bet. Park & Lexington Ave.)
212-986-2530

Midtown East — Izumi Salon — F $55- M $43-
22 E 49th St 2nd Fl (Madison & 5th Ave.)
212-588-0488

Midtown East — Kiora — F $40- M $37
515 Madison Ave (at 53rd St.)
212-832-2799

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World Oyama Karate - Matsumoto Dojo
35 West 31st Street 6Fl New York NY 10001 (Between 5 Ave & Broadway)
tel 212-629-7709 email info@oyamakaratenyc.org

Midtown East **Menish**
231 E 53rd St. (bet 2nd & 3rd Ave.) 212-755-2623 — F $45- M $35-

Midtown East **Momotaro**

Momotaro celebrates 35 years in New York City! Momotaro is the oldest Japanese Salon in New York, serving not only the Japanese community but all of New York. Nail Design, Gel Nail Extension, Eyelash Extension now available!
145 5th Ave. 2nd Fl. (bet. Madison & 5th Ave) 212-758-2382 www.momotaro.us — F $68- M $48-

Midtown East **rin+NY Hair Salon**
805 3rd Ave. 2nd Fl. (bet 49th & 50th St.) 212-644-8068 — F $70 M $60

Midtown East **Salon Shin**
141 E. 47th St. (bet. 3rd & Lexington Ave.) 212-753-0330 — F $60- M $45-

Midtown East **Shige Kosuda**
141 E 55th St. (bet. 3rd & Lexington Ave.) 212-759-2397 — F $70- M $50-

Chelsea **Hisako Salon**
103 7th Ave. (bet. 20th & 21St.) 212-989-2233 — F $43- M $40-

Chelsea **Hoshi Coupe I**
259 W. 19th St. (bet. 7th & 8th Ave.) 212-255-0770 — F $50 M $50

Chelsea **KIWA Salon**
234 W. 27th St. (bet. 7th & 8th Ave.) 212-620-3646 — F $55 M $35

Gramercy **Hoyoto New York**
125 E. 23rd St. 2nd Fl. 212-673-9373 — F $60 M $60-

West Village **SEI-TOMOKO**
142 W. 4 St (Washington Sq. Pk. & 6th Ave) 212-477-5475 — F $35 M $35

East Village **AK Salon**
96 St. Marks Pl. (bet. Ave. A & 1st Ave.) 212-260-8703 — F $60 M $50

East Village **Hair Motes Downtown**
13 3rd Ave. (bet.7th & St. Marks Pl.) 212-777-4612 — F $40 M $35-

East Village **Hoshi Coupe II**
214 E. 8th St. (bet. 2nd & 3rd Ave.) 212-505-0363 — F $40 M $40

East Village **K2 Soloe**
215 E. 10th St. (bet. 1st & 2nd Ave.) 212-260-5198 — F $60 M $50-

East Village **Lotus Salon**
240 E. 4th St. (bet. Ave. A & B) 212-475-2749 — F $60 M $50

East Village **Powder Room**
319 E. 9th St. (bet. 1st & 2nd Ave.) 212-677-2920 — F $60 M $50

East Village **Scene Salon**
233 E. 4th St. (bet. Ave. A & B) 212-473-6208 — F $40 M $50

East Village **SEI-TOMOKO**
240 E 13th St. (bet. 2nd & 3rd Ave.) 212-533-6613 — F $35 M $35

East Village **SEI-TOMOKO 02**
128 E 4th St. (bet. 1st & 2nd Ave.) 212-473-3320 — F $35 M $35

East Village **Ueno Salon**
40B E 9th St. (bet. 1st Ave. and Ave. A) 212-505-7773 — F $60 M $60-

Lower Mhn **Hoshi Coupe Soho**
153 Mercer St. (bet Sullivan St. and 6th Ave.) 212-353-8009 — F $70 M $70

Lower Mhn **Lotus Salon**
7 Prince St. (bet. Elizabeth & Bowery St.) 212-219-3233 — F $70 M $60

Lower Mhn **Lotus Salon**
141 Reade St. (bet Hudson & Greenwich St.) 212-608-7756 — F $60 M $70

Lower Mhn **Q Hair**
19 Bleecker St. (bet. Mott & Elizabeth St.) 212-614-6723 — F $54 M $54

Lower Mhn **Tokamichi Hair**
35 Great Jones St. (Lafayette & Bway) 212-420-7973 — F $75- M $75-

Lower Mhn **Ueno Salon**
218 Mulberry St. (bet. Prince and Spring St.) 212-343-2233 — F $65- M $60-

Brooklyn **Commune Salon & Gift**
191 Grand St. (bet. Driggs & Radford Ave.) 718-384-7412 — F $45- M $45-

Upstate **Akane Salon**
7 E. Hartsdale Hartsdale NY 10530 914-946-0217 — F $50- M $45-

Upstate **Hair Studio NAKA**
267 Halstead Ave. Harrison NY 10528 914-835-0045 — F $60- M $50-

Upstate **Hiroe Hair Salon**
99 Purchase St. Rye NY 10580 914-921 3339 — F $60 M $50

Upstate **Momotaro**
2 Spencer Pl. 2nd Fl. Scarsdale NY 10583 914-472-5987 — F $60- M $50-

Upstate **Salon Shin**
731 White Plains Rd. Scarsdale NY 10583 914-472-3817 — F $50- M $45-

Upstate **Soloe Susen**
19 E. Hartsdale Ave. Hartsdale NY 10530 914-946-7475 — F $40 M $30

Long Island **Lj Wave**
18 Haven Ave. Port Washington NY 11050 516-883-3046 — F $40 M $30

New Jersey **Akane Salon**
2024 Center Ave. Fort Lee-NJ 07024 201-461-3644 — F $40- M $30-

New Jersey **Michi**
595 River Rd. Edgewater, NJ 07020 201-941 1999 — F $50- M $40-

New Jersey **Soloe Suzie**
2039 Lemoine Ave. Fort Lee NJ 07024 201-585-9898 — M $40 M $40

New Jersey **Salon Tomo**
1617 Parker Ave. Fort Lee NJ 07024 201-346-0501 — F $45 M $40

New Jersey **Tosh Hair Supreme**
1550 Lemoine Ave. Fort Lee NJ 07024 201-461 5642 — F $45- M $40

SPA

Midtown West **Nihon Doy Spa**
15 W 44th St. 10th Fl (bet 5th & 6th Ave.) 212-575-7682 — $30-

Midtown West **SHIZUKA new york**
7 W 51st St. 6th Fl (bet. 5th & 6th Ave.) 212-644-7400 — $105 /50min

Midtown West **Spadium**
49 W. 32nd St. (bet. 5th & Broadway) 212-967-3131 — $80

Koreatown **Aura Wellness Spa**
49 W 33rd St (bet Broadway & 5th Ave.) 917-699-8463 — $70-

Midtown East **MOONFLOWER SPA**

Moonflower Spa specializes in progressive treatments such as microdermabrasion, ultrasound treatment, deep pore cleansing, facial with thorough extraction and aromatherapy relaxation. Come relax your mind and body. We offer the best personal care possible.
8 E. 41st St. 3rd Fl (bet. 5th & Madison Ave.) 212-683-8729 www.moonflowerspa.com — $75 / 90min

East Village **TAMAGO Skincare**
251 E 13th St. (bet. 2nd & 3rd Ave.) 212-505-1599 — $45/h-

Lower Mhn **Corine Beauty Center**
121 Baxter St. (bet. Canal & Hester St.) 212-941-9111 — $45/h

Lower Mhn **Facial Spa**
170-172 Canal St. #303 (Mott & Elizabeth St.) 212-925-5114 — $35 /30min

Lower Mhn **KSS Beauty Spa**
107 Centre St. (bet. Canal & Hester St.) 212-966-9531 — $35

Lower Mhn **Spring Thyme Wellness**
75 Nassau St. (bet. Fulton & John St.) 212-285-4973 — $40-

Queens **este de doronko**
119-48 Union Tpk. Forest Hills NY 11375 917-886-4004 — $60-

Upstate **este de doronko**
21 Lake St. White Plains NY 10603 917-886-4004 — $60-

New Jersey **Kieg SPA Sauna**
321 Commercial Ave. Palisades Park NJ 201-947 9955 — $45

BEAUTY PRODUCT

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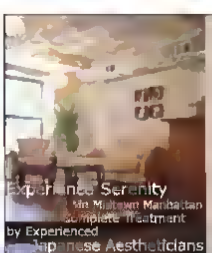

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Health Guide

Indicated p ces are approximate

SHIATSU

M dtown West — Salon de Tokyo
200 W 57th St #1308 (at 7th Ave.)
212-757-2187 — $70 /90min

M dtown West — Esprit Wellness
2 W 45th St #1708 (bet. 5th &6th Ave.)
212-354-5776 — $90 /15min

M dtown East — Kenkodo Inc
333 E 43th St. Lay-O (bet 1st & 2nd Ave.)
212-880-0098 — $80 /60min

Midtown East — Ido Center
9 E 45th St. 6th Fl (Mad son & 5th)
212-599-5500 — $50 /30min

Midtown East — Ease Salon
51 E42 St #1405 (bet. Madison & Vanderbilt)
212-661-6151 — $40 /25min

M dtown East — Do-in Center
211 E 43rd St #1505 (bet 2nd & 3rd Ave.)
212-687-9114 — $120/h

Midtown East — David L. Zeng
14 5 34th St 5th Fl (bet 5th & Mad son Ave.)
212-689-1773 — $60 /50m n

Chelsea — Dhashi Institute
147 W 25th St 6th Fl (bet 5th & 7th Ave.)
800-010-4130 — $100 /60min

East Village — Kelsy
22a E 9th St. 2nd Fl (bet. 2nd & 3rd Ave.)
212-253-6171 — $45 /50m n

Lower Mhn — Kenkodo Inc
23 Fell St 2nd Fl (bet Mott & Bowery St.)
212-608-2212 — $80 /60m n

Lower Mhn — Howard Beauty

Howard Beauty Salon offers a total beauty care from head to toe. Dry & steam sauna is free w th shiatsu massage. Facial, includes steam, hand massage, pore treatment and mo sture pack. Foot massage chairs are equ pped w th TV. Pr vate rooms ava lable.
34 Howard St 2nd Fl (bet B'way & Lafayette) — 212-625-1588 — $35 /60min

ACUPANCTURE

Upper West — Dr Hong
4167 Broadway (bet 176th & 177th St.)
646 735-3322 — $55/ v.st

Upper East — Herbal Fairy Spa
225 E 64th St. #4 (bet. 2nd & 3rd Ave.)
212-288-3688 — $80 /60m n

Midtown West — Yamaguchi Acupuncture
181 W 54th St #21 (bet 6t & 7th Ave.)
212-246-7586 — $140 /visit

Midtown West — Oriental Health Spa
150 7th Ave #305 (bet. 54th & 55th St.)
212 245-3188 — $70 /60m n

Midtown West — NY Accpuncture & Herb
250 W 57th St #1330 (at Broadway)
212-262-3698 — $200 /visit

Midtown West — Nihon Medcel Group
15 W 44th St 10th Fl (bet. 5th & 6th Ave.)
212-575-6910 — $80- ;

Midtown East — Amy Nature Center
137 E 47th St. (bet. 3rd & Lex ngton Ave.)
212-317 2720 — $60

Midtown East — Acumed Center
150 E 58th St. #1C (bet. 3rd & Lexington Ave.)
212-[illegible]-4577 — $70 /50min

Midtown East — 41st Street Medcel
18 E 41st St (bet 5th & Madison Ave.)
212-[illegible]-0041 — $30/ 120m n

East Village — SuNu Neturel Health
1 Union Sq W #715, (at E 14th St.)
212-[illegible]-8291 — $80/ visit

Lower Mhn — Naturalline Therapy
63 Bayard St #9 (Elizabeth & Mott St.)
212-608-6858 — $45 ;

HEALTH PRODUCT

Midtown East — Sun Chlorella USA
8 E 41st St. 2nd Fl (bet. 5th & Madison Ave.)
866-500-3944 — Supplement

California — Condex Inc
370 S. Crenshaw Blvd. Torrance, CA 90503
310-618-6444 — Health Product

California — Kemerycah
3868 Carson St #101 Torrance CA 90503
866-859 2233 — Supplement

Illinois — June Bees
1330 St. James Ct Palatine, IL 60067
800-507-0541 — Health Product

Shop Guide

The following is a list of shops where you can buy Japanese goods and cosmetics.

APPAREL

Upper East — R by 45rpm
17 E 71st St. (bet Mad son Ave and 5th Ave)
212 737-5545 — Clothing

Artfit NY

Artfit is a Japanese alteration specialist in the heart of Manhattan. Our staff are designers, tailors and pattern makers with over 20 years of exper once. We also carry a wide selection of baby and kid s clothes with high quality products from Japan.
21 W 58th St. Suite 1E (5th & 6th Ave)
212-207 3095 www.artf hy.com — Clothing

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575 5th Ave 2nd Fl (at 47th St.)
212-599-2223 www.ripplu.com — Lingerie Shop

Midtown East — Royal Chia
635 Madison Ave (at 58th St.)
212 588-0555 — Clothing

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www.junebees.com

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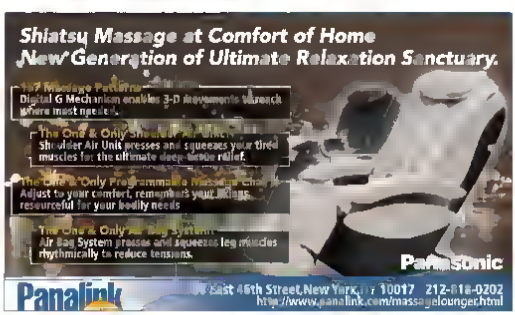
BODY MASSAGE ($45/h*)
HAIR CUT ($15 & UP) *except Fri-Sun
Howard Beauty Salon & Spa
34 Howard St., 2nd Fl (bet. B'way & Lafayette)
212-625-1988 OPEN 11AM-10PM



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334 E 11th St (bet 1st and 2nd Ave.) 212-473-0724 — Clothing

Lower Mhn **Junko Yoshioka**
154 Spring St, 2 Fl (W B'way & Wooster St.) 212-226-9302 — Clothing

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Lower Mhn **R by 45rpm**
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J-POP CULTURE

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Midtown West **Jim Hanley's Universe**
4 W. 33rd St. (at 5th Ave) 212.268.7088 — Manga

Midtown West **Kinokuniya Bookstores**
10 W 49th St. (bet. 5th & 6th Ave) 212 765-7766 — Manga

Midtown West **Midtown Comics**
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Chelsea **Image Anime**
103 W 30th St. (bet. 6th & 7th Ave.) 212-631-0466 — Anime

East Village **Forbidden Planet**
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East Village **Kim's Video St. Marks**
6 St. Marks St. (bet. 2nd & 3rd Ave.) 212 505-0311 — Anime

East Village **St Marks Comics**
11 St. Marks Pl (bet. 2nd & 3rd Ave.) 212-598-9436 — Manga

East Village **Toy Tokyo**
121 2nd Ave. 2nd Fl. (bet. 7th & St. Marks Pl.) 212-673-5424 — Toy

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951 Laguardia Pl (bet Bleecker & W 3rd St) 212-982-3450 — Dishware

Lower Mhn **Korin**
57 Warren St. (bet Church St and W. B'way) 212-587-7021 — Dishware

Lower Mhn **Suasons**
115 Crosby St. (bet Hudson & Prince St.) 212 226-0257 — Furniture

Brooklyn **KIVIYA**
42 Mauger St. Brooklyn, NY 11206 718-218-9151 — Dishware

Brooklyn **Sora Arts**
143 Greene Ave 2nd Fl. Brooklyn, NY 917-690-4172 — Towel

Upstate **Toki**
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GALLERY

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521 W 26th St (bet 10th & 11th Ave.) 212-695-8035 — Gallery

Chelsea **NYCon Gallary**
70 W 22nd St (bet. Broadway & 5th Ave) 212-380-1149 — Gallery

West Village **Art Zen Gallery**
238 West 10th St (Hudson and Bleecker St.) 646-486-3222 — Gallery

Lower Mhn **Asian American Arts Ctr**
25 Newery 3rd Fl (bet. Bayard & Pell St.) 212-233-2154 — Gallery

Lower Mhn **Gallery gan Tribeca**
158 Franklin St. (bet. Hudson & Varick St.) 212/226-717 — Gallery

Lower Mhn **Zakka Corp**
147 Grand St. (bet. Crosby and Lafayette St.) 212-431-9964 — Gallery

OTHER

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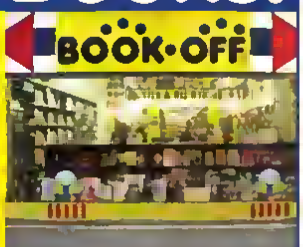

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Contemporary Seafood Cooking

Japanese casual dining has been appreciated by many New Yorkers recently, and Japanese skewered grilled chicken known as yakitori is one of the most common for sipping sake or beer over casual chit-chat. **Yakitori Torys**, a yakitori restaurant in Midtown, opened their door in September 2006 as a relaxing yakitori grill for those who look for cozy air and good grilled food.

What is special about Torys is that their dishes are unique, creative and challenging. Specialized in grilled chicken, Torys' creative chef Mr. Akira Hiratsuka has brought artistic cooking into the menu. When top-quality seafood ingredients are brought in, he looks at the package with a "no-problem" smile.

Light fried whole potato topped with Azuma's seasoned spicy scallop trim meat. The touch of Korean spices mixes gratefully with the potato flavor in your mouth.

Mr. Hiratsuka's cooking contains several details in cutting and seasoning to add seasonal flavors, colors and textures on the plate. Just handling chicken for grill, he works on **Azuma**'s seafood ingredients, which qualify his creativity and detailed culinary techniques. He marinates fillets of monkfish with plum juice, which adds springy pink color to the fish. Then fries them very deep like tempura. He lays the crispy monkfish over the bed of green sauce, which he prepares in the blender with edamame (green soybeans) and soy milk. He chooses potato to serve seasoned spicy scallop trim meat, but he doesn't only cook the potato but also lightly fries. He coats pieces of squid's beaks and deep-fries, then skews them (just like regular yakitori) and tosses them over risotto cooked with squid ink. The color combination is spectacular on the white plate, not to mention the seafood flavor added to the risotto from squid ink.

Torys Chef Hiratsuka chooses the Italian flavor to serve the exotic squid beak skewer. Rice is very common in Japanese cuisine, but he cooks with squid ink into risotto. The fresh squid beaks remain refreshing texture in the deep fried outside crust.

Mr. Hiratsuka quietly but quickly applies his techniques and specialty to Azuma's seafood ingredients. Although Torys has only small percentage of seafood dishes in their menu, Mr. Hiratsuka's artistic cooking explores more varieties of food for their menu. Their new menu, available from June 1, consists of smaller portions so that customers would enjoy more "tapas" style dinner, and upgrade the restaurant to more urban and adult space for high-quality contemporary dining. Torys is not an ordinary yakitori place: it is where people sip Japanese sake with traditional but contemporary Japanese cooking in the modern chic dining room with jazz music.

Yekitori Torys is located at 248 East 52nd Street (between 3rd and 2nd Avenues). Phone: 212-813-1800.

Azuma's fresh monkfish fillet creates amazing flavor when marinated with plum juice and deep fried in tempura. Chef Hiratsuka's surprising sauce of edamame and soy milk blend produces luxury on the plate.

AF

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Exhibition

Ongoing
Japonisme: Themes and Highlights from the Collection
Jane Voorhees Zimmer Art Museum
Rutgers University, New Brunswick, NJ
Comprising of turn-of the century European and American works on paper and ceramics as well as related Japanese art, this collection reveals the strong influence of Japanese art on the West.
Info. 732-932-7237 or www.zimmerlimuseum.rutgers.edu

March 5 to June 23
Mr
Lehmann Maupin Gallery
540 West, 26th St , NYC
Artist Mr's, work typically examines Otaku culture in Japan with cartoonish, anime-like two and three-dimensional representations of joyful adolescents. For this exhibition, the gallery is filled with large-scale, intricate painting and sculptures
Info. 212-255 2923 or www.lehmannmaupin.com

October 7, 2006 to June 20
Japanese Literati Culture in the Edo Period
Philadelphia Museum of Art
Philadelphia, PA
In response to the Chinese literati culture, the Japanese created their own literati culture and in this exhibition, the major works of art that came out of this period will be shown.
Info. 215 235-SHOW or www.philamuseum.org

June 1 to 21
The Labyrinth of Abstraction
Agora Gallery
530 West 25th St., NYC
Japanese Artist Kenji Inoue creates abstract paintings that go beyond mere color experimentation. Inoue's canvases incorporate negative space as a subject in his work
Info: 212-226-4151 or www.agora-gallery.com

June 6 to 15
Recent Works: Painting & Sculpture: An Exhibition by Hiroshi and Hitofumi Tomimori
The Nippon Gallery
145 West 57th St., NYC
The Nippon Gallery hosts an exhibition of contemporary painting and sculpture by twin brothers, Hiroshi and Hitofumi Tomimori. Hitoshi, the eldest of the two, is a painter and presents seven paintings. Hitofumi, a sculptor, exhibits about 10 metal sculptures
Info. 212-581 2223 or info@nipponclub.org

March 28 to June 17
Awakenings: Zen Figure Painting in Medieval Japan
Japan Society

Event Feature — Come Celebrate Japanese Culture in New York

On June 3, Japan Day @ Central Park kicks off with the Japan Run at 8:00 a.m. and continues throughout the day at Rumsey Playfield (Summer Stage) with food activities, and entertainment showcasing some of the most exciting elements of traditional and contemporary Japan. There will be live music, dance and martial arts demonstrations on Rumsey's SummerStage, and there will be food tents featuring Japanese cuisine and sweets, activity booths featuring such traditional arts as origami and calligraphy, and electronics tents displaying cutting edge Japanese technology. Japan Day is organized by representatives of the Japanese Community with the support of the Consulate General of Japan in New York to say a heartfelt "thank you" to the great city that America's largest Japanese community calls home. They hope to build on this trend and provide an even wider audience with a taste of real Japanese culture by establishing a special day of international exchange.
www.japandaynyc.org/about.html
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333 East 47th St , NYC
The tradition of figure painting comes to the United States for the first time in three decades in Awakenings, an exhibition of Japanese (Zen) and Chinese (Chan) Buddhist art that features forty-seven exceptional Chinese and Japanese works of painting ranging from the 12th to 16th century
Info. 212-832 1155 or www.japansociety.org

May 11 to June 22
Reodorant
Ise Cultural Foundation
555 Broadway, NYC
This exhibition presents a multi-sensory installation, created as a collaborative effort by Hisako Inoue (artist), Erik Carver (architect), Howard Huang (sound artist), Takashi Sato (perfumer) and Yuka Yokoyama (curator). "Reodorant" is a memory-reactive device operating simultaneously in the channels of smell, sound, light and architecture
Info: 212-925 1649 or www.isefoundation.org/

Performance

June 3
Mina Kusumoto Piano
Weill Recital Hall
Carnegie Hall
881 7th Ave , NYC
Pianist Mina Kusumoto performs at 5:30pm
Info. 212-247-7800 or www.carnegiehall.org

June 14
Nobuki Takamen Group
Rochester International Jazz Festival 2007
Rochester, NY
Japanese born guitarist Nobuki Takamen performs at the Rochester International Jazz Festival this year with pianist Hitoshi Kanda, bassist Toshiyuki Tanahashi, and drummer Makoto Kikuchi. Nobuki Takamen's first album as bandleader, Bull's Blues (2006) was well received by critics and jazz fans alike
Info: 585 234 2002 or www.rochesterjazz.com

June 17
Concert Ensemble
Weill Recital Hall
Carnegie Hall
881 7th Ave , NYC
Pianist John Kamitsuka performs Works by Bach, Beethoven, Brahms, and Schubert at 8:00pm
Info: 212-247 7800 or www.carnegiehall.org

June 17
30th Annual Jin Nyodo Memorial Offering
Kenso-Kai
Brooklyn Botanical Gardens
This offering is for the great Shakuhachi Master Jin Nyodo. We will play Honkyoku in his memory in the Brooklyn Botanical gardens at 11:00am
Info: 212-929 1037 or ryogetsu@ryogetsu.com

June 17
Concert Ensemble Leonarda
Lutheran Church of Our Saviour
132 Jefferson Ave., Mineola NY
Susan Graham (transverse flute), Motomi Igarashi (viola da gamba), Nancy Akiko Kito (harpsichord), and tenor David Bell perform Baroque music from J.S. Bach, Couperin, and Boismortier at this concert on period instruments
Info: 917 214-8714 or www.myspace.com/ensembleleonarda

June 19
Abby Whiteside Foundation Piano Series
Weill Recital Hall
Carnegie Hall
881 7th Ave , NYC
Pianist John Kamitsuka performs the works of Bach, Beethoven, Brahms and Schubert at 8:00pm
Info: 212-247 7800 or www.carnegiehall.org

Sushi or Sashimi?

Japanese words and phrases you need to know when dining

This month's words & phrase

Atsukan or Hiya?

When you order sake in a Japanese restaurant, you may be asked if you want it "hot or cold?" You can say "hot sake" or "cold sake" but you would benefit more if you knew the words "atsukan" and "hiya." Atsukan is the word meaning hot sake, while hiya means cold sake in Japanese. Say "Atsukan onegai simasu" to your waiter. It means "a hot sake please." Using those words is also helpful for Japanese waiters. Why? The English pronunciation for "a hot sake" sounds almost like "Asahi (beer)" to Japanese. Have you ever had the experience of getting a cold bottle of Asahi beer when you ordered hot sake? It is weird but actually happens often. Another good thing to remember is to choose the "house sake" when you want a hot sake. It is the safest choice. Some sake's have wonderful delicate aromas that might be destroyed by heat. Remember "atsukan" and "hiya." Those two great words will prevent you from confusing Japanese waiters and getting the wrong drink!

CHOPSTICKS Tricks & Trivia

There is not only one kind of green tea

Green tea can be classified into many different types. Gyokuro (Jade Dew) Matcha (rubbed tea) Sencha (broiled tea) Genmaicha (brown rice tea) Bancha (common tea) Hojicha (roasted tea) are the most popular kinds of teas. Since Gyokuro is considered the highest grade of tea in Japan, people enjoy it on special occasions. Bancha is good for daily drinking and you can select others depending on your taste.

CHOPSTICKS Tricks & Trivia

What is Shochu made from?

Mugi shochu (Barley shochu) and Rice shochu are popular shochu in Japan. It has a flat and mild taste and clear color therefore it is good for mixed drinks as a base liquor like Vodka. The mixed drinks are called "Chuhai" and seen at Izakaya in Japan. They are often mixed with soda and fresh squeezed fruits. Even if you don't have a stock of fresh fruit you can enjoy Shochu with regular fruit juice. Create and enjoy your own Chuhai at home.

June 21
YKK Presents Jazz: East & West
The Town Hall
123 West 43rd St , NYC
Bass Talk with Yoshio "Chin" Suzuki, Soichi Noriki, Shinpei Inoue and Yoichi Okabe perform The Tokyo Trio also performs with Kei Akagi, Tomokazu Sugimoto and Tamaya Honda
Info 212-307-4100 or www.ticketmaster.com

June 24
Salon Series No 29
Tenri Cultural Institute
43A West 13th St , NYC
Classical and Popular Music and Dance of Okinawa will be discussed and performed This is for anyone interested in deepening their knowledge of the performing arts of Japan This will take place from 3pm-4:00pm Refreshments are served during the Q/A period
Info: 718-623-7200 or www.bbg.org

June 24
Yoshiaki Masuo with Bill Mays Trio
Blue Note
131 West 3rd St , NYC
The great Japanese guitarist Yoshiaki Masuo performs with the Bill Mays trio featuring Bill Mays (piano), Martin Wind (bass), and Matt Wilson (drums) for this special performance
Info: 212 475-8592 or www.bluenote.net

Hop, Step, J-pop!

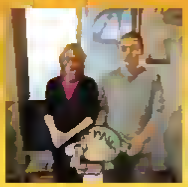
A New Yorker in Tokyo

Cultural exchanges across the Pacific are lively this season

Two weeks ago I was privileged to accompany veteran New Yorker magazine illustrator Roz Chast and her daughter Nina as they visited Tokyo for the first time. Roz and Nina's favorite anime series is Azumanga Daioh, a comedy set in a Japanese high school and originally created in 1999 by artist Kiyohiko Azuma Over lunch in Tokyo earlier this year my dear friend and Vogue Nippon editor Mihoko Iida cooked up the brilliant idea of arranging for the two artists, American and Japanese to meet during Roz's Tokyo sojourn Azuma-san said yes—and Roz and Nina were thrilled And so it was that a very affable Azuma-san and his colleagues welcomed Nina Iida san me and Roz into his cozy studio in western Tokyo to talk of art, culture and humor to exchange ideas and express mutual admiration. The visit was spiritually nourishing Artists from New York and Tokyo discussing their crafts and laughing together

When Roz presented a copy of her new book, Theories of Everything as a gift, Azuma-san smiled

He already had it.



Roland Kelts is the half-Japanese American author of JAPANAMERICA: HOW JAPANESE POP CULTURE HAS INVADED THE US the co-editor of A PUBLIC SPACE literary magazine and a lecturer at the University of Tokyo.

June 28 & 29
Karaoke Man
Tribeca PAC @ BMCC
199 Chambers St , NYC
A story about the life of a typical "salary man," a Japanese corporate executive who is paid a fixed salary no matter how committed he is to his career This character can only fully express himself when performing Karaoke This one man play featuring Mono Kazama and written and directed by Ryuji Mizutani, has been a popular attraction in Japan since 1997 It will be performed in Japanese with English subtitles For free

IF YOU ARE THINKING ABOUT MARKETING TO JAPANESE PEOPLE IN NY,

Weekly NY Japion is the publication for Japan people living in the New Yo politan area It is a g source of information and networking tools la duct information events and happenings in and around N

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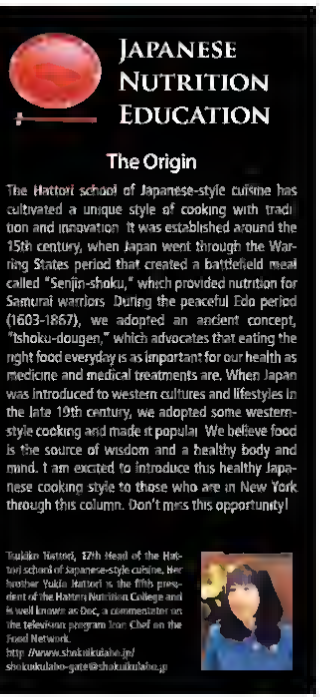
ticket availability, contact to 917-628-7859 or maqui@ipsnewyork.com Limited offer – 10 tickets only
Info: 212 220 1460 or www.tribecapac.org or ticket@ipsnewyork.com

Lecture/Forum/ Film/Festival

May 1 to October 30
Installation of New Murals by Hiroshi Senju
Shofuso, Friends of the Japanese House and Garden
4700 States Drive, Philadelphia, PA
Hiroshi Senju's gift of decorative murals – to be painted on paper sliding doors (fusuma) and a centerpiece alcove wall – will complete the restoration of the unique shoin-zukuri house, handcrafted in 17th century style. Mr. Senju is honoring Shofuso with the ancient Japanese tradition of a master painter giving a splendid gift to the community.
Info: 215-878-5097 or www.shofuso.com or www.hiroshisenju.com

June 6
Public Robot Demonstration & Workshops
Human Interaction Vision 2020
Japan Society
333 East 47th St., NYC
Robots visit Japan Society in an interactive program that includes demonstrations, explanations about the robots, and the philosophy behind their design and functionality. There will be an opportunity for the audience to ask questions and interact with the robots. Participating robots are humanoids ET and Chroino created by Tomotaka Takahashi, seal-like robot Paro, created by Takanori Shibata, and Toyota's i-unit.
Info: 212 715 1258 or www.japansociety.org

June 24
Baltimore Beginners Honkyoku Intensive
This intensive is for beginners (no experience necessary), and will consist of learning an entire Zen piece (HONKYOKU). Ronnie Nyogetsu Reishin Seldin will teach this class at the Baltimore Shakuhachi Dojo.
Info: 212 929 1037 or nyogetsu@nyogetsu.com


JAPANESE
NUTRITION
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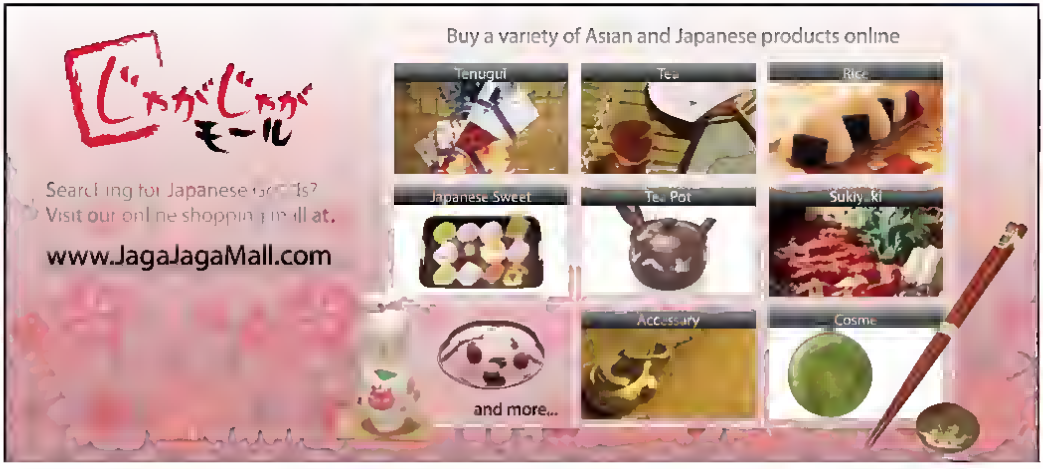
The Origin
The Hattori school of Japanese-style cuisine has cultivated a unique style of cooking with tradition and innovation. It was established around the 15th century, when Japan went through the Warring States period that created a battlefield meal called "Senjin-shoku," which provided nutrition for Samurai warriors. During the peaceful Edo period (1603-1867), we adopted an ancient concept, "Ishoku-dougen," which advocates that eating the right food everyday is as important for our health as medicine and medical treatments are. When Japan was introduced to western cultures and lifestyles in the late 19th century, we adopted some western-style cooking and made it popular. We believe food is the source of wisdom and a healthy body and mind. I am excited to introduce this healthy Japanese cooking style to those who are in New York through this column. Don't miss this opportunity!
Yukiko Hattori, 17th Head of the Hattori school of Japanese-style cuisine. Her brother Yukio Hattori is the fifth president of the Hattori Nutrition College and is well known as Doc, a commentator on the television program Iron Chef on the Food Network.
http://www.shokukulabo.jp/
shokukulabo-gate@shokukulabo.jp



Harmony of Shining Women Foundation presents Anna Saeki Tango Concert

This concert will be Anna Saeki's seventh appearance in New York. In past years, Ms Saeki performed at S.O.B's, Blue Note and Carnegie Hall and was received with great enthusiasm. Her most significant concert in New York was a charity concert for the WTC Disaster Relief Fund, which was held in December of 2001. This year the concert is held at Zankel Hall at Carnegie Hall (57th St. on 7th Ave., NYC) on June 21.

info. contact 212 252 1232 or HSWF NY@nyc.rr.com or www.carnegiehall.org

The 2007 All American Open Karate Championships

On Saturday, June 23, 2007, the International Karate Organization (IKO) Kyokushinkaikan will host the 2007 All American Open Karate Championships in the "capitol of the world." New York City. With over 150 participants from countries across North, South and Central America, as well as special invited champions from nations around the world, the All American Open has been touted as the superior full-contact karate championship on this continent. It is held at Hunter College, C.U.N.Y. Main Gymnasium (68th St. and Lexington Ave., NYC).

info. contact 212 947-3334 or aaka07@kyokushinkarate.com

NEW CROP GREEN TEA, presented by Maeda-en U.S.A.

Maeda-en USA proudly presents the 2007 NEW CROP GREEN TEA to customers in the North American market from early May. It has been 22 years since Maeda-en, USA started shipping New Crop Green Tea directly from Japan by Air to the U.S. market and it has become a new season's tradition. New Crop Tea, a special treat for those who love Green Tea, is available only once a year for a limited time, as this rare Green Tea is picked from the first young leaves at the beginning of Spring. Enroll in Maeda-en, U.S.A. "2007 New Crop Green Tea" campaign and be chosen as one of 10 lucky winners to get a Free New Crop Green Tea Set!!

Info: aaka@maeda-en.com or www.maeda-en.com

Show your talent ! The Summer Art Student Exhibition

Ise Cultural Foundation's 3rd annual Summer Student Exhibition, July 5th to August 25th, features works of art students from Japan and the States at Ise Cultural Foundation's Soho gallery. Judges will will see the works of these student artists, giving the students a chance to hear professional opinions from the art industry, and have exposure to the NY art scene. For application and submission guideline, access to the website, www.isefoundation.org or 212-925-1649. Location: 555 Broadway, NYC.

CFN - Online tool specializing in the recruitment of Japanese-English bilinguals

DISCO International, Inc. launched the Spring Campaign to support companies seeking Japanese-English bilingual professionals. During the campaign period until June 29, 2007, you may choose: 1. Double-Up Campaign - Choice of 8 weeks for 1 posting OR 4 weeks for 2 postings at

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Shining Tears "Mao & Ryuma" 8 inches PVC figure comes to US!

Young people of all over the world are interested in the sub culture dispatched from Japan The Quarter-Beast Ninja "Mao" & The Human Priestess "Ryuma" are the cute heroines from the PlayStation 2 games, "Shining Tears." This time, their figures set to be released in July by Organic Hobby Inc. Each one is an 8" tall PVC figure fully painted and comes in a window box, and price is $83.00 each. Organic Hobby is one of the largest Hobby and Toys makers/manufacturers in Japan and is also very popular for its specialty in "Anime & Manga" industry Organic Hobby Inc (U.S. Office) is introducing these and other unique products based on J-POP culture to U.S. markets and customers.

Info: 310-575 3084 or www.organic-f.net Organic Hobby, Inc. 11835 West Olympic Blvd., Ste 210E Los Angeles, CA 90064

Get Free toppings! – Go Go Curry

Brand-New Japanese restaurant Go Go Curry (273 West 38th St., NYC) continues to offer great deals for customers. Bring the coupon below or bring this Chopsticks NY with you, and you get one Free topping from their selections (raw egg, pickled shallots, boiled egg cheese, natto, pork cutlet, chicken cutlet, sausage, deep fried shrimp, extra curry)! This offer will be available until the end of June 1 coupon (magazine) per person only

Info. 212 730 5555 or www.gogocurryusa.com

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